

BBC

April 2023
DHS15

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Middle East

Embrace Ramadan

IFTAR SPECIALS FOR YOUR GATHERING

- + Moroccan-style chicken tagine with sour cherries & olives
- + Lamb with olive & herb stuffing
- + Rösti-topped lamb & rosemary pie

A
SPECIAL
EASTER
SPREAD

NEW IN THIS ISSUE


- Take to work
- Save Sunday lunch




CPI

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vibrancy of the Italian
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[@luciasdubai](https://www.luciasdubai.com)



These are a few of
our favourite dishes...

Welcome!

Ramadan Kareem! To mark the Holy Month, the April issue features a selection of recipes apt for Iftar

gatherings at home - try our Moroccan-style chicken tagine with sour cherries & olives (p42) or Lamb with olive & herb stuffing (p67), amongst other dishes across the magazine.

While we don't experience Spring in all its glory in the UAE, we can make the most of seasonal produce in the market and give menus at home a Spring twist. Turn to page 35 to find vibrant dishes with spinach, squid and spring onions, in addition to shopping and culinary tips. You can also find nostalgic and authentic recipes from our team members (p45) and try a new cuisine every weekend. Celebrating Easter at home? Don't miss our special feature including brunch specials, hearty mains with sides and celebratory desserts (p67). For little ones who want to assist in the kitchen, this month's family recipes are inspired by fiction and sure to entice selective eaters (p85).

If you're looking for somewhere special to break your fast with family and friends this Holy Month, peruse our Ramadan Guide or visit bbcgoodfoodme.com for the latest in Iftar and Suhoor offerings within the Middle East.

Wishing you and your loved ones a blessed Ramadan and Eid Mubarak in advance!

Happy Reading!



Nicola Monteath
Editor



"This Slow-cooker puttanesca squid is a great way to enjoy the best of seasonal spring produce."

Liz Smyth, Group Sales Director



"Easter is always a big family celebration that begins with brunch at home. I'll be baking this Chocolate & vanilla cake to end our meal with something decadent and delish."

Blanche D'mello, Assistant Editor



"I love trying new cuisines at home. This indulgent Feijoada is next on my list, and perfect for a gathering with friends and family."

Gill Fairclough, Sales Director

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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:

P Contains pork.

gf YOUR SAY

We love hearing from you!



STAR LETTER



It's my little one's birthday next month and I think the kids' menu is all set with the help of recipes from the issue. With the help of BBC Good Food, it has become so easy for moms like me, who would love to try out different recipes. For my elder kid, paneer is everything and this time we are going to try Tandoori paneer wraps. Can't wait to see the happiness on my kids' faces. Words are not enough to thank BBC Good Food for making my job so easy, especially cooking food for my kids.

Lakshmi P



As a newlywed couple, my husband and I are always on the lookout for quick and easy midweek meal ideas that we can enjoy together after a long day at work. We were thrilled to discover the 'Midweek Meals for 2' segment in the issue.

Mashael Al Fardan



8 ways to be creative with leftovers was one of the highlights of the issue. As I never want to waste food, it's always hard to combine leftover ingredients to look and taste like a five-star dish. Thank you for the tips! I also love Flavours of the month. Dubai is a haven for foodies like myself but sometimes it gets too hard to navigate having so many choices (not a bad problem to have I must add). There are some great suggestions - ones I have tried and new ones I would like to explore!

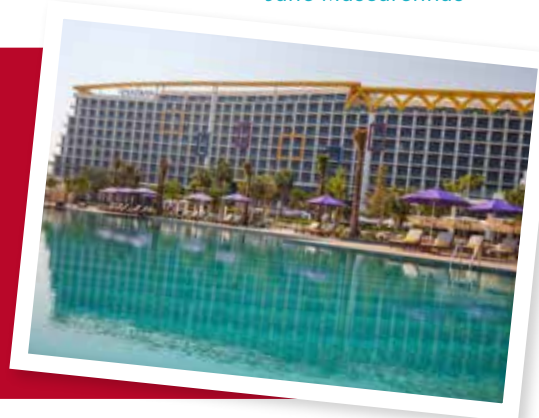
Jane Mascarenhas

WIN!

ALL-INCLUSIVE STAYCATION FOR TWO AT CENTARA MIRAGE BEACH RESORT DUBAI, WORTH OVER AED1,500






Inspired by mythical Thai and Arabian adventures, Centara Mirage Beach Resort Dubai boasts fuss-free views of the Dubai Islands waterfront for an unforgettable family-friendly experience. The resort is home to 607 spacious rooms and suites, offering guests options for city or sea views. Look forward to a beachfront swimming pool, Kids' clubs, Candy Spa by SPA Cenvaree, a fully-equipped fitness centre, water sports activities, and plenty more during your stay.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:      @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



Discover AURA Skypool

Embark on an array of unforgettable culinary experiences at the world's highest 360-degree infinity pool

Sited 200 metres above sea level, AURA Skypool transports visitors to an island in the sky on the 50th floor with unparalleled views of the Dubai skyline, Palm Jumeirah, and the mesmerizing horizon of the Arabian Gulf. Whether it's yoga classes, curated private events, sunrise-to-sunset pool day or the vibrant dining lounge, make your way to the ultimate destination for a unique experience at Palm Jumeirah.

The picturesque pool deck offers uninterrupted panoramic views while surrounded by lush greenery and custom-made single and double sunbeds. For diners looking for a hearty feast after a relaxing dip, a delightful Pan-Asian menu brimming with sharing-style dishes awaits at the indoor dining lounge, providing the perfect setting to tuck into a selection of culinary delicacies.

PRIVATE EVENTS

Looking for the ultimate spot to host a private celebratory or corporate event? Look no further than AURA for breathtaking views, chef-crafted menus and personalized service to suit your needs. Whether it's birthday parties and

product launches or a wedding, the team at AURA promises to deliver a tailored experience for the special occasion at any time of day.

Contact auraevents@auraskypool.com.

NIGHT BRUNCH

Kickstart your weekend in style with the newly-launched Night Brunch at the venue's elevated lounge against the backdrop of the Dubai skyline. Sway through the night with upbeat tunes by AURA's resident DJ and performances by live entertainers while indulging in a set menu curated by Executive Chef Craig Best comprising signature specials. Highlights include the Gochujang cauliflower popcorn, Chicken & prawn dumplings, Balinese satay chicken, Barbeque beef short rib, and plenty more. End the night on a sweet note with a choice of dessert from the Matcha tiramisu, Malaysian strawberry mess, and Thai banoffee pie.

Every Friday. 8pm-11pm. Starting from AED480 per person. Additional AED240 for free-flowing bubbly.

NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



CHOCOLATE FACTORY ALERT!

Nestled within Alserkal Avenue, Ganache Chocolatier celebrates craftsmanship and the intricate details of hand-crafted chocolates throughout its premium assortment, all created with ingredients sourced from Switzerland, Belgium and France. Experience the craft of artisan chocolate-making at the newly-opened chocolate factory, café, and boutique. From hazelnut, almond, and pistachio bars to delectable bonbons in dark, white, and milk cocoa, Ganache Chocolatier offers over 100 flavourful varieties to treat yourself or gift your friends and family for a special occasion.

Contact +97156 420 3732.

California-based Impossible Foods has unveiled its renowned Impossible Chicken Nuggets at select UAE outlets such as JJ's Chicken, Nabat, and theme parks including Warner Bros World and Ferrari World. The nutritious alternative offers 12g protein per 100g serving, 40% less saturated fat and 25% less sodium than chicken nuggets (USDA chicken nuggets contain 3.5 g of saturated fat and 540mg sodium), all with no animal hormones, antibiotics and cholesterol. Compared to chicken nuggets, the plant-based product uses 37% less water, generates 35% less GHG emissions, and uses 48% less land.

Visit impossiblefoods.com.

THE BEST BITES



DUBAI FOOD FESTIVAL IS BACK

The annual food festival is returning this month with impeccable culinary experiences in the city, from April 21 to May 7. During the 17-day festival, discover a roster of programmes such as the Chefs in Town, pop-ups, masterclasses, and chef's tables hosted by renowned experts. The special AED10 Signature Dish initiative will also be launching during this period, wherein 300 restaurants and cafés will offer budget-friendly dishes to celebrate the festival's ten-year milestone.

Visit dubaifoodfestival.com.

A FIRST IN THE UAE



Al Ain Water unveils UAE's first locally produced 100% recycled polyethylene terephthalate (rPET) bottle, adding to its range of sustainably packaged water bottles including the Middle East's first 100% plant-based water bottle. PET is a highly recyclable plastic material and when recycled, becomes a durable and infinitely recyclable material - commonly used for packaged foods and drinks. rPET generates 75% less CO2 emissions and requires less energy compared to virgin material production and has a better overall ecological balance than glass and single-use aluminium cans.

Visit alainwater.com.

RAMADAN GIFTING



Inspired by the unique flavours of the Middle East, Sugargram's Ramadan collection features a scrumptious line-up of mini cupcakes in Saffron, Rose, Vimto, Pistachio, and Dates. From the sweet and savoury Charlize saffron to the rich and nutty Jimmy pista-choo, these miniature cupcakes are guaranteed to impress loved ones. A new range of bonbon flavours including Vanilla kunafa, Halva Omani, Kholas date, Pista mahalabiya, Sunflower & honey, and Umm Ali are also available to order.

From AED35 for five mini cupcakes and AED165 for 25 bonbons. Visit sugargram.me.



Newby London brings its classic Ramadan Kareem Gate Calendar and Taster Selection with a carefully crafted blend of luxury teas for a special Iftar and Suhoor experience. The Calendar features 30 flavours including black, green, and oolong, herbal, and fruit tisanes, while the Ramadan Taster Selection comprises four of the brand's signature blends.

AED700 for the Ramadan Kareem Gate Calendar and AED581 for the Ramadan Taster Selection. Available at Newby Teas boutique at Park Hyatt Dubai, Nation Towers in Abu Dhabi, and newbyteas.com.



EU BEE HONEY

www.eubeehoney.eu

European Soul Delight!

ENJOY
IT'S FROM
EUROPE



Europe is worldwide famous for her rich gastronomic tradition, a tradition inextricably connected with the European land and the rich production. A very strict legal framework has been established that forces European producers to apply the highest quality and food safety standards throughout the production process in order to ensure that only a really nutritious and tasty product will reach the consumer's plate.

Based on this frame, we present you the EU financed campaign "EU BEE HONEY", which promotes high quality beekeeping products, such as natural honey, pollen, propolis and beeswax.

The aim of the program is to increase the awareness about European bee honey and to increase the consumption in the countries of U.A.E, Saudi Arabia and Japan.

"EU BEE HONEY" program foresees an integrated 3-year campaign and includes activities that inform consumers, opinion leaders and professionals of the food industry such as print and online advertising, participation in trade fairs, organizing events etc.

For more information please visit our website
www.eubeehoney.eu

and in our Social Media accounts,
Facebook: <https://www.facebook.com/eubeehoney> and
Instagram: <https://www.instagram.com/eubeehoney/>

Savor exceptional honey guaranteed by the European Union's food safety and high quality standards.

Natural beekeeping products from Bulgaria and Greece



CAMPAIGN FINANCED WITH AID
FROM THE EUROPEAN UNION

Flavours of the *month*

What's hot and happening
around town this month

➤ RÍA RESTAURANT & BEACH BAR

Palm Jumeirah's renowned hotspot Club Vista Mare is now home to a new beach club, taking over the previously occupied Breeze Beach Grill. Look forward to an upscale dining experience and tuck into an extensive Mediterranean-inspired menu showcasing signature highlights from the in-house fresh fish counter such as the Crab salad and Red shrimp tartar with Aubergine fritters accompanied by feta and maple gochujang dressing. Other dishes to try feature the Lobster with salsa Americana, and Grilled yellowtail with citrus bagna cauda relish. Spend the morning at the destination's outdoor smoothie bar or enjoy a relaxing sundowner accompanied by lively beats from the resident DJ.

Contact +97154 398 9898.



➤ GALLERY 7/40

Gallery 7/40 has opened its doors at Palm West Beach, offering a unique blend of sculpture, photography, and painting coupled with culinary arts. The restaurant's modern design honours the creations of Catalan modernist architect Antoni Gaudi and showcases custom-made mosaics, Murano glass chandeliers, and artwork from renowned artists across the globe. Tantalize your tastebuds with Spanish and Greek dishes that include Tomato arancini, Smoked eggplant, Tirokafteri (Feta cheese, red pepper, olive oil, and kalamata olives), and Grilled prawns, amongst other dishes.

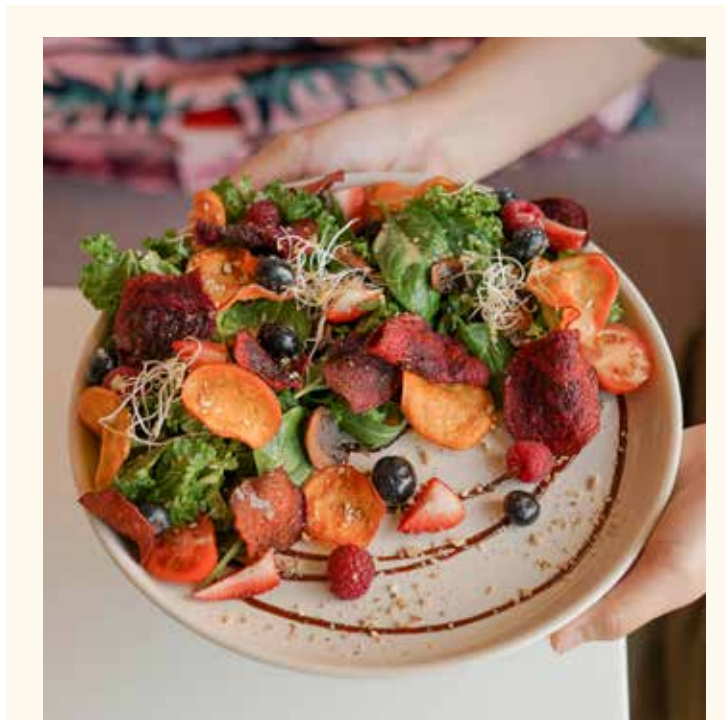
Contact +97158 550 0740.



➤ FARZI DUBAI

Embark on a refreshing Indian high-tea experience with Farzi's special menu at City Walk. The curated menu features a flavoursome array of sweet and savoury treats such as Dahl sev puri, Bombay bhel, traditional tea cake, and the signature Karak chai. End on a sweet note with the warm Carrot and walnut tea cake topped with caramel sauce, the traditional Kaju katli, Rasmalai, and Gulab jamun rabri.

Available daily from 4-7pm. AED149 for two. Contact +97152 689 2012.



➤ PLANET TERRA

Dubai's latest vegan café brings forth an all-vegan and organic menu, made from ethically-sourced ingredients with no artificial sweeteners, no refined sugars and no GMOs. Serving breakfast, lunch and dinner, whet your appetite at the artisanal eatery with Avocado bruschetta, Tofish and Chips, Kimchi pad Thai, and King oyster burger. Expect a laid-back, vibrant setting with intricate interiors and earthy hues offering a sense of calm.

Contact +9714 578 2000.

➤ JOE & THE JUICE



The iconic Danish concept has announced its much-anticipated launch at Yas Mall, Abu Dhabi. Enjoy freshly prepared coffee, shakes, juices, wholesome breakfast and salad bowls, sandwiches, and a variety of plant-based options. Menu highlights include Joe's club (chicken, avocado, and vegan pesto), Spicy tuna (tuna mousse, jalapenos, and vegan pesto), Pick me up smoothie (strawberries, apple and bananas), and the Powershake (vanilla milk, strawberries, banana), to name a few.

Visit joejuice.com.



➤ JOSÉ BY PIZARRO

Nestled within Conrad Abu Dhabi Etihad Towers, José by Pizarro transports diners to the heart of the bustling and colourful streets of Seville, with an unforgettable Spanish tapas experience. The tapas bar is the brainchild of award-winning chef, restaurateur, and author, José Pizarro, who is renowned for his London venue José Tapas Bar Bermondsey. Diners can expect authentic Spanish dishes prepared by Chef Pizarro's expert team, grape pairings, Spanish hops, and more, while dining within the cosy and intimate setting. Feast on signature specialties such as the spicy Chicken croquetas, Prawn fritters, Potato tortilla, Spanish red tuna tartare, traditional Lamb meatballs, and free-range Chicken paella.

Contact +9712 811 5666.

LUCIA'S DOHA

UAE homegrown restaurant announces the expansion of its Italian concept to Sheraton Grand Doha Resort & Convention Hotel. Diners can embark on a magical Mediterranean experience with Lucia's signature Capri aesthetic, playful decor, and a laid-back ambience. The extensive menu boasts authentic creations such as Italian burrata with mixed tomatoes and olives, Arancini siciliani, Lobster linguine, Tagliatelle alla bolognese di wagyu, Mushroom and truffle risotto, and Pizza al tartufo.

Contact +974 3111 7722.



GCC



A.O.K. KITCHEN

Paying homage to the spirit of female empowerment, London-born all-day dining A.O.K. Kitchen has unveiled its six-month collaboration with female-founded Saudi brand So Matcha, to offer a range of limited-edition products. Matcha aficionados can discover two drinks on the restaurant's menu - the So Matcha Classic Matcha Latte, served hot with a matcha biscuit and matcha chocolate on the side, and the Jazzling Matcha, served over ice with a crisp taste of matcha and hints of jasmine, lemon, and mango.

Contact +966 9200 25304.

Tried & tasted

Our top dining experiences this month



MASTI

After bidding farewell to its location at La Mer, the licensed modern-Indian restaurant is now at the heart of the buzzing Downtown Dubai. The moment we arrived at the venue, we couldn't help but reminisce our experience at its previous location, while taking in the rustic chandeliers, art deco-style lighting, ornate frames, vibrant tropical hues, and Masti's signature wall showcasing its accolades over the years. Be sure not to miss the rainbow-hued stained glass elephant head behind the bar.

Expect an extensive menu, paying homage to its creative interpretation of authentic Indian cuisine to take diners on a culinary voyage across its take on the new India. The playful presentation of new additions and all-time classics, paired with bespoke concoctions presents a refined setting to our dining experience.

The highlights

As we were escorted to our seats, we noticed the show kitchen at the entrance followed by a spacious dining area leading way to the outdoor terrace. We opted to sit indoors, across the grand bar area, where a spirited ambience awaited us as the resident DJ set the mood with electrifying tunes. To begin, we ordered the spiced Chicken tikka masala with fresh, crispy dosa waffles and pickled onion as a savoury start to our selection of appetizers. The highlight of the menu, Heavenly eggplant bharta, came in two delectable variations of charcoal-roasted eggplant married with a tangy roasted tomato and creamy truffle mushroom. The wholesome dips are served with pearl millet khakra (crispy cracker). Moving onto something slightly traditional, the classic Tellicherry pepper & garlic prawns with kafir lime podi offered a flavorful marination to the crispy succulent prawns.

Fascinated by the exquisite design



elements, we made a beeline for the bar to explore the extensive drinks menu before the mains arrived. What caught our attention was the Pop-beat, a creative emulsion of apricot, passion fruit, wormwood, and salted popcorn; and the refreshing Purple colada featuring black currant, pineapple, coconut, and sage.

Masti's signature Burrata butter chicken, a charcoal-roasted chicken tikka doused in creamy makhani sauce and topped with plump burrata cheese arrived alongside the Angus beef cheek vindaloo slow-cooked in warm spices and finished over burning embers. The exceptionally tender meat was accompanied by a fiery red gravy, crisp okra, and tangy Sanaa (Goan steamed rice cakes). The dishes are best paired with Pickled onion & jalapeño, Garlic & tarragon, or the Za'atar & rose naan.

An artfully presented Chocolate & the tribe dessert was served right after, featuring an intricate ensemble of coffee cremeux and lemon honey ganache, topped with a coffee-flavoured ice cream, coffee espuma, cocoa crunch, lemon confit, roasted hazelnuts, and crisp thin strips of chocolate and coffee for a decadent end to our meal.

Book now

Contact 800-MASTI or visit mastidubai.com.



ARMANI/PAVILION, ARMANI HOTEL DUBAI

An expansive outdoor gathering, beautiful traditional lanterns at every nook and cranny, a relaxed setting with ambient lighting, upfront views of the glistening dancing fountain and the Burj Khalifa - there's only one memorable Ramadan experience that comes to mind, Iftar at the Armani/Pavilion. Every year, the luxury hotel's award-winning restaurants come together to weave a contemporary-meets-traditional buffet with multi-cuisine specialities. The Ramadan spirit is felt the minute you walk through the Armani/Ballroom with themed interiors and dim-lit candles on every floor. No matter the table assigned, you won't miss out on unrivalled views of The Dubai Fountains. With every detail intricately thought through, it's no wonder that the Iftar continues to be one of the most sought-after in the country.

The highlights

The first mesmerizing site to catch our eye was the Ramadan-themed beige interiors with a faux candlelit setup complementing the soothing sunset. Once seated, we couldn't help but steal a minute to take in the view of the world's tallest tower up close. Placed on the table were dried nuts and dates to break fast followed by a selection of Ramadan beverages such as Laban, Jallab, Qamar al-din, and Tamrghendi to quench our thirst.

Diners can embark on a cross-cultural culinary journey with diverse delicacies

prepared with sustainably sourced local ingredients. We started off with a wholesome Oriental lentil soup paired with pita bread and a traditional Moroccan harira soup with lamb, dates and lemon. After our first course, we explored the various dishes served at the Iftar stations. Armani/Ristorante features impeccable Italian creations, Armani/Hashi offers flavourful Japanese delights, and Armani/Amal presents aromatic Indian specials alongside a wide selection of Arabic dishes and desserts. Little ones can explore the dedicated Kids' corner for bite-sized portions such as chicken nuggets, mini beef sliders, and pizza.

Admittedly, the vast array of delectable options made it difficult to decide where to start and if you're anything like me, I'd recommend exploring each counter and its offerings at a time. We helped ourselves to Armani/Ristorante's Pepperoni pizza, Saffron mozzarella arancini, an impressive cheese collection, Fritto Misto with lemon and

mayonnaise and the irresistible Orecchiette pasta with basil pesto at the live pasta station; followed by Armani/Hashi and Armani/Amal's counter brimming with a seafood bar, Maki rolls, Black pepper beef with black bean sauce, Kadai Paneer, Murgh Malai Tikka, Aloo tikki, and more.

The widespread feast called for a quick break before diving into the classic Middle Eastern favourites. We enjoyed soulful Arabic melodies by the resident oud and tabla musicians while marvelling at Burj Khalifa's breathtaking LED show. Next up, we savoured the Potato chermoula, Chicken tagine, King fish with harra sauce, Roasted whole baby lamb ouzi, Chicken kofta, and Beef kebab.

To conclude the experience, we made our way to the desserts area which displays a Luqaimat station, Turkish cheese kunafa station, Turkish delight shawarma station, and an ice cream corner featuring delightful flavours such as chocolate, mango, coconut, vanilla, and strawberry with various toppings. The dessert assortment further extends to Mohalabia mousse with apricot, Znoud al Sit, Turkish baklava with pistachio, Chocolate dulce de leche, Paris Mumbai profiterole, Tiramisu espresso, and an assortment of macaroons and Indian treats.



Book now

Until April 22. AED365 per person and AED185 for children aged 6 to 11 years old. Children 5 and under dine for free. Contact +9714 888 3601. Visit armanihotels.com.

COOKING PROJECT

Feed a crowd

If you're having friends or family over this weekend, try this easy pork recipe that uses a pressure cooker to reduce cooking time



Pressure cooker pulled pork

SERVES 6 **PREP** 10 mins
plus at least 1 hr marinating
COOK 1 hr 30 mins **EASY**

3 tbsp cider vinegar
2 tbsp light brown soft sugar
1 tbsp smoked paprika
½ tsp ground cumin
2 tsp garlic granules
2 tsp onion granules
100g tomato ketchup
1 tbsp Dijon mustard
1kg skinless, boneless pork shoulder
300ml apple juice
fluffy white baps or jacket potatoes
and coleslaw, to serve

1 Combine the vinegar, sugar, spices, garlic and onion granules, ketchup, mustard and a pinch of salt in a bowl and submerge the pork in

it. Cover and chill for at least 1 hr, or overnight, if you have time.

2 Tip the pork and leftover marinade into a pressure cooker, then pour over the apple juice. Stir well. Close the lid and bring the pressure up to high over a medium-high heat, and cook for 50 mins. Let the pressure drop naturally. The meat should be pull-apart tender. If it's still a bit tough, put the lid back on, return to high pressure and cook for a further 10-20 mins.

3 When the meat is ready, remove to a board, cover and leave to rest. Meanwhile, reduce the sauce in the pressure cooker. Adjust the seasoning, then simmer and stir, uncovered, for about 20 mins until thickened and slightly gloopy.

4 Just before the sauce is ready, shred the meat, pulling it apart between two forks. Put the meat back in the pan and toss to coat

in the sauce. *The pulled pork can be kept chilled for up to three days or frozen for up to one month. Defrost and reheat thoroughly in a pan before serving.*

5 Serve the pulled pork stuffed into fluffy baps or jacket potatoes with coleslaw on the side.

GOOD TO KNOW gluten free

PER SERVING 362 kals • fat 20g • saturates 7g •
carbs 17g • sugars 16g • fibre 1g • protein 27g •
salt 0.8g

TWIST IT

- Stuff into tacos or soft tortillas with avocado, salsa and shredded red cabbage
- Use as a pizza topping along with mozzarella and roasted red peppers
- Toss with a short, chunky pasta, such as rigatoni, and serve with grated parmesan

TEST KITCHEN SECRETS

Balsamic vinegar

Cookery assistant *Helena Busiakiewicz* explains what to look out for when choosing this storecupboard staple

- Seek out balsamic vinegar from Modena in northern Italy.



- There are two categories to look out for: IGP and DOP. IGP can have a percentage of flavourings added to it, whereas DOP is made from 100% cooked grape juice or must, and nothing else. DOP balsamic is matured in wooden barrels for a minimum of 12 years, whereas the maximum for IGP is three years. But this doesn't necessarily mean one is better than the other. IGP balsamic vinegar can be excellent, and this is usually reflected in the price.

- Often, the balsamic vinegar that you'll find in the supermarket (usually IGP) has added caramels, vinegar, grape juice and preservatives.

- For something special, look for ones containing 100% (or as close as possible) cooked grape juice, or grape must without additives. They tend to be thicker in consistency and have fruity, leathery flavour notes. They may be a little more expensive, but the flavour is more pronounced, so you'll use less.

FLAVOUR BOOSTERS

Season with acid

Add another element to your dishes by simply including some acidity

After seasoning with salt, the second easiest way to boost the flavour of a dish is to introduce a little acidity. This will give your recipe more definition. It can be as simple

as adding a splash of vinegar to a sauce or finishing with a squeeze of citrus, which works well when you don't want the acid to dominate, but simply lift the dish a little. You can also include punchy ingredients such as capers or kimchi, which will have more of a starring role in the recipe. As well as the obvious vinegars, lemon, lime and pickles, ingredients such as natural yogurt, soured cream, tomatoes or pineapple will also add acidity as well as more flavour.



CHEESE CLASS

Crumblies

Experts at the Academy of Cheese recommend three to try

Crumby cheeses are the oldest recorded cheeses in British history, with Cheshire cheese thought to have first been recorded in around 1580. They are all made from cow's milk, and are often named after the county in which they were originally made, which is why some are also often referred to as 'British territorials'.

1 CHESHIRE The forerunner of all of crumblies, Cheshire was the most popular cheese in Britain by the end of the 17th century. Often bright white in colour, some are coloured naturally with annatto. It is zesty and grassy, yet rich, complex and savoury, and lends itself to being baked in a pasty or pie.

2 LANCASHIRE Making traditional Lancashire is incredibly labour-intensive; not only does it use curd made over a number of days, but these curds are then broken up by hand, helping create its open, almost fluffy texture and mellow, buttery flavour. It's often referred to as 'toaster' cheese because it's a great melter.

3 CAERPHILLY Originally made in Wales, production spread south to Somerset. Its distinctive velvety-grey rind yields to a young, almost bouncy interior. Fresh, milky and citrusy when young, it develops earthy, mushroom notes over time. Gorwydd Caerphilly was named Best British Cheese at the 2021 World Cheese Awards.



&

Learn more about cheese at academyofcheese.org



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9 ways to save energy in the kitchen

COOK SMART

Consumer affairs journalist **Harry Kind** shares his advice for affordable, energy-efficient cooking

1 DON'T OVERFILL YOUR KETTLE

"Most people think their fridges and ovens will use the most power in the kitchen, but actually it's the kettle. Don't fill it up more than you need to – if you're making one cup of tea, boil just enough water and that will cut down the time it takes to boil and ultimately cut your energy bill."

2 SLOW COOKER SAVVY

"A slow cooker is a fantastic gadget, as it hardly uses any electricity. You can cook a big batch of something, and it's great for cheap cuts of meat and pulses. It's an efficient way of cooking, whether you're making a meal for the family or cooking solo, as you can freeze the leftovers."

3 PLAN AHEAD

"If you need to defrost something, don't waste electricity by doing it in the microwave. Plan ahead and take it out the freezer in advance. And, be savvy with leftovers. Leave them to cool before putting them in the fridge, otherwise the fridge will use more electricity to come back down to temperature."

4 EXPERIMENT IN THE KITCHEN

"Make the most of the food you've got, and try new recipes to use things up – things like making stock, kimchi or yogurt. You might not even need to turn on your oven for some of them, and it's a great way to cut costs this winter."



5 TACKLE FOOD WASTE

"The freezer is your friend when it comes to food waste. If you've got something reaching the end of its life in the fridge, put it in the freezer. Best-before dates are only advisory, so don't throw out perishables that look okay. Lots of shops are getting rid of best-before dates to encourage people to throw away less food, which is great. Stick to use-by dates though – don't risk getting food poisoning!"

6 MAXIMISE OVEN POTENTIAL

"People are a bit scared of ovens now. It takes a lot to heat it up, and it feels like it costs a lot of money, but it's a lot better than most people think. It's better to cook a lot of meals at once – don't turn it on for a couple of chicken breasts, as it would be better to use an air fryer for that kind of thing. You can do roast chicken, carrots and Yorkshire puddings all at the same time. You can cook sweet and savoury things together, too, like cakes or dessert. Your oven hasn't got a tongue, so it doesn't mind too much! Also, don't forget to take out baking sheets you aren't using. A lot of people store them in the oven and that can restrict airflow, which means things might not cook as efficiently."

7 GET BLENDING

"Blenders are so cheap to run, and you can turn some fruit that's past its best into something beautiful for breakfast."

8 DO A KITCHEN MOT

"Clear out your fridge if it's too full, as the air can't circulate, so food will spoil quickly. Make sure the fridge door is shut, too – my kids were always leaving it ajar. Check the seals on your oven door and clean it regularly to keep it running well. All these things can save you money."



9 AUDIT YOUR APPLIANCES

"A smart meter is a great way to see how much your gadgets are costing you. We heard about a chest freezer in someone's garage that was costing £600 (approximately AED2,700) a year because it was an old model. If you can find these vampire appliances that are draining your electricity, that could be a big annual saving."

The logo consists of the words "simply" and "kitchen" stacked vertically. "simply" is in a red, lowercase, sans-serif font, and "kitchen" is in a black, lowercase, sans-serif font. Both are enclosed within a white oval with a thick red border.

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easy

Delicious, simple,
and easy-to-
make recipes

midweek meals

■ on the table in 30 minutes, page 20



take-to-work

■ lunches using leftovers, page 26



veg box star

■ rhubarb, page 32



seasonal stars

■ bring on spring, page 35



midweek meals

COOK
SMART

on the table in 30 minutes

Ready to eat in half an hour or less,
these weeknight dinners are a breeze

recipes AILSA BURT *photographs* TOBY SCOTT



Ginger chicken udon



Mediterranean
fish stew

BALANCED

Ginger chicken udon

Fragrant and light, these noodles are packed with fiery ginger.

SERVES 2 PREP 10 mins
COOK 20 mins EASY

1 tsp sunflower oil
3 boneless, skinless chicken thighs, diced
¼ white cabbage, finely sliced
25g ginger, peeled and finely grated
1 red chilli (deseeded if you like), finely chopped
1 tbsp low-salt soy sauce
2 tsp rice vinegar
2 tsp non-alcoholic mirin
100g ready-to-eat beansprouts
3 spring onions, finely sliced
300g straight-to-wok udon noodles
small handful of coriander, finely chopped
1 tbsp pickled ginger (optional)

1 Heat the oil in a large, deep frying pan over a medium-high heat and, once hot, stir-fry the chicken and cabbage for 5-7 mins until browned and almost cooked through. Add the ginger and chilli, and cook for a few minutes more until fragrant.
2 Add the remaining ingredients, except the coriander and pickled ginger, and fry until the chicken is cooked and the noodles are tender, about 1-2 mins more. Season, adding more soy, vinegar or non-alcoholic mirin, if you like. Top with the coriander and pickled ginger, if using.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 428 kcal • fat 9g • saturates 2g • carbs 51g • sugars 12g • fibre 8g • protein 31g • salt 1.5g

HEALTHY

Mediterranean fish stew

This fish stew gets a smoky kick from paprika.

SERVES 2 PREP 10 mins
COOK 15 mins EASY

1 tbsp olive oil
½ fennel bulb, finely sliced
1 small onion, finely chopped
2 garlic cloves, crushed
250ml vegetable stock
1 tsp smoked paprika
400g can cherry tomatoes
1 tsp sherry vinegar
2 hake fillets, or any other white fish
small handful of parsley, finely chopped
crusty bread, to serve

1 Heat the oil in a deep frying pan over a high heat and fry the fennel, onion and garlic for 1 min before pouring in the stock. Bring to a simmer and cook for 5 mins until the veg is tender.
2 Stir in the paprika, tomatoes, vinegar and a pinch of sugar. Simmer gently for 5 mins until thickened slightly. Nestle the fish into the mixture and cover with a lid. Continue to cook for 5 mins until the fish is tender and cooked through. Sprinkle over the parsley and serve with bread on the side.

GOOD TO KNOW healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 253 kcal • fat 9g • saturates 1g • carbs 14g • sugars 13g • fibre 6g • protein 26g • salt 0.7g

HEALTHY

Sardine tomato pasta with gremolata

A crowd-pleasing pasta with added nutrients thanks to the sardines.

SERVES 1 PREP 5 mins
COOK 15 mins EASY

75g wholemeal spaghetti
½ x 120g can sardines in oil
½ tbsp capers, drained
2 garlic cloves, crushed
2 tomatoes, roughly chopped
30g rocket
½ lemon, zested
small handful of parsley, finely chopped

1 Cook the pasta following pack instructions in a large pan of boiling salted water. Heat 1 tbsp oil from the can of sardines in a non-stick frying pan over a medium heat and sizzle the capers and half the garlic for 1-2 mins until fragrant. Tip in the tomatoes and fry for 4-5 mins more until softened and bursting. Stir in the sardines and rocket, tossing a few times to break up the fish and wilt the leaves. Season.
2 For the gremolata, combine the lemon zest, parsley and remaining garlic in a small bowl, and season. Drain the pasta and top with the sardine sauce and gremolata.

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • vit c • iron • 2 of 5-a-day
PER SERVING 405 kcal • fat 9g • saturates 2g • carbs 53g • sugars 5g • fibre 11g • protein 23g • salt 0.8g



BALANCED

Creamy cannellini beans with lamb

The beans in this dish become creamy without the addition of any dairy. They're best served with tender lamb.

SERVES 2 **PREP** 5 mins
COOK 18 mins **EASY**

1 tbsp olive oil
200g lamb leg steak
3 garlic cloves, finely sliced
2 banana shallots, finely chopped
2 anchovies, drained
1 rosemary sprig, finely chopped,
or use ½ tsp dried rosemary
250ml chicken stock
400g can cannellini beans,
drained and rinsed
150g spinach

1 Heat the oil in a large, non-stick pan over a medium-high heat. Season the lamb all over and sear on both sides for 2-3 mins each, depending on the thickness of your steak. Remove to a plate to rest for 5 mins before slicing.

2 Tip the garlic, shallots and anchovies into the pan, reduce the heat to medium and fry for 2-3 mins until the anchovies have dissolved. Tip in the rosemary, stock and beans, and simmer for 2-3 mins until the stock has been absorbed. Stir in the spinach. Cook for a few minutes more until the spinach has wilted, then season to taste. Serve the beans with the lamb slices on top.

GOOD TO KNOW low cal • folate • fibre • vit c •

2 of 5-a-day

PER SERVING 392 kcals • fat 17g • saturates 5g •
carbs 21g • sugars 3g • fibre 10g • protein 34g •
salt 1.5g





BALANCED

Mushroom & kimchi fried rice

The kimchi gives standard fried rice a spicy umami kick.

SERVES 2 PREP 10 mins

COOK 15 mins EASY V

1 egg, beaten
 2 tsp sesame oil
 ½ onion, finely sliced
 200g white mushrooms, sliced
 250g pouch microwave brown rice
 15g ginger, peeled and grated
 2 garlic cloves, grated
 75g frozen peas
 1 tbsp low-salt soy sauce
 50g kimchi, drained
 2 spring onions, sliced

1 Heat a large, non-stick frying pan over a medium heat. Tip in the egg, swirl the pan to spread it out, and cook briefly until set at the edges. Draw the edges into the centre using a spatula. Cook for 1-2 mins until set. Remove to a bowl.

2 Heat the oil in the pan, turn up the heat to high and cook the onion and mushrooms for 7-8 mins until browned. Reduce the heat to medium, stir in the rice, ginger, garlic and peas, and season with pepper. Cook for 2 mins until the rice is hot, then stir in the cooked egg, soy, kimchi and most of the spring onions. Season, then garnish with the remaining spring onions.

GOOD TO KNOW low fat • low cal • fibre • 2 of 5-a-day

PER SERVING 302 kcs • fat 9g • saturates 2g •
 carbs 39g • sugars 6g • fibre 8g • protein 13g • salt 1.3g



Take-to-work lunches using leftovers

Set aside a portion of your dinner, add an ingredient or two and enjoy a low-cost, nutritious packed lunch the next day
compiled by AMANDA NICOLAS

Pulled chicken & black bean chilli

A big batch of chilli is a gift that keeps on giving as the flavours continue to develop after it's cooked. Eating it the second time can be a very different experience depending on what sides you choose to pair it with.

SERVES 4 PREP 10 mins
COOK 1 hr EASY *

2 tbsp sunflower oil
2 onions, sliced
4 boneless, skinless chicken thighs
3 garlic cloves, finely chopped
1 tbsp oregano
1 tsp cumin seeds
3 tbsp chipotle in adobo or 1 tsp chipotle paste
350g passata
½ chicken stock shot or cube
400g can black beans, drained but not rinsed
½ lime, juiced
cooked rice or tortillas, coriander, feta, lime wedges and chopped red onion, to serve (optional)

1 Heat the oil in a shallow saucepan or casserole dish with a lid. Tip in the onions and cook over a medium-low heat for 5 mins until softened. Add the chicken and turn up the heat to medium. Stir in the garlic, a small pinch of sugar, the oregano, cumin seeds and some seasoning. Cook for a couple of minutes, then add the chipotle and cook for a few minutes more. Pour in the passata, 100ml water and add the stock. Season and bring to a simmer.

2 Cover with a lid and cook for 40-50 mins, stirring occasionally until the chicken is tender. Shred the chicken into the sauce using two forks, then stir through the beans. Simmer for 5 mins more, then turn off the heat. Squeeze in the lime juice. *Will keep chilled for up to three days and frozen for up to two months. Defrost thoroughly, then reheat until piping hot.* Serve with rice or tortilla wraps, and some coriander, feta, lime wedges and red onion on the side, if you like.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 256 kcs • fat 10g • saturates 2g •
carbs 18g • sugars 8g • fibre 7g • protein 19g • salt 0.9g





“
”

Play with garnishes to change up the flavours on your second serving

Tuscan-style ribollita

Save up stale bread and transform it into this thick, chunky, delicious stew, which is low in fat and showcases winter's vitamin-rich cavolo nero. Play with garnishes to change up the flavours on your second serving, such as adding chopped parsley, finely diced red onion, rendered smoked lardons or quartered cherry tomatoes.

SERVES 6 PREP 10 mins
COOK 30 mins EASY V

2 tbsp olive oil, plus extra to serve
1 onion, finely chopped
2 celery sticks, finely chopped
1 carrot, chopped
2 garlic cloves, crushed

pinch of chilli flakes
1 rosemary sprig
400g can chopped tomatoes
500ml hot chicken or vegetable stock
400g can cannellini beans, drained and rinsed
1 parmesan rind (optional)
250g cavolo nero or kale, chopped
150g stale crusty bread torn into chunks (see tip, right)
1 tbsp red wine vinegar
To garnish
a few basil leaves (optional)
grated parmesan or vegetarian alternative

1 Heat the oil in a large saucepan or flameproof casserole over a medium heat and fry the onion, celery and

carrot with a pinch of salt for 15 mins until soft. Add the garlic and chilli flakes, and cook for 1 min.
2 Stir in the rosemary sprig, tomatoes, stock, beans and parmesan rind, if using, and bring to a simmer. Add the cavolo nero and cook, covered, for 10 mins. Stir through the bread and cook for several minutes more to warm through, then add the vinegar and some seasoning. *Will keep chilled for up to two days.* Spoon into bowls, drizzle with a little more olive oil and sprinkle over the basil, if using, along with the grated parmesan.

GOOD TO KNOW low cal • low fat • fibre • vit c •
2 of 5-a-day
PER SERVING 196 kcals • fat 5g • saturates 1g •
carbs 24g • sugars 7g • fibre 7g • protein 10g •
salt 0.8g

gf tip

It's important to use a stale crusty bread, because it needs to be slightly robust – as the stew cooks, the bread absorbs the liquid and transforms into pillowy, dumpling-like chunks. If it's too fresh, it will turn into soggy paste.

Creamy lentil & veggie curry

This versatile family-friendly curry combines sweet potato, madras spice and Greek yogurt for a warming meal. Stretch the recipe further by adding a can of chickpeas, butter beans or cannellini beans. You can then turn it into soup the following day simply by adding warm stock and blending.

SERVES 4 **PREP** 10 mins
COOK 30 mins **EASY** **V** *

2 tbsp rapeseed oil
1 onion, chopped

1 tsp ground cumin
1 tbsp madras curry powder
200g red lentils
2 sweet potatoes, peeled and cut into cubes
1 litre veg stock
400g canned peeled cherry tomatoes
200g green beans, trimmed and cut into short lengths
4 tbsp Greek yogurt, plus extra to serve
½ small bunch of coriander, chopped
¼ cucumber, finely chopped (optional)
naan and rice, to serve

1 Heat the oil in a large pan and fry the onion for a few minutes until softened. Add the spices and cook for 1 min, then stir in the lentils, sweet potatoes, veg stock and the cherry tomatoes.

2 Bring to the boil, then cover and simmer for 20 mins until the lentils and sweet potatoes are tender. Add the beans and cook for 2 mins, then stir in the yogurt and season. *Will keep chilled for up to two days.* Sprinkle over the coriander and chopped cucumber, if using, and serve with naan, more yogurt and rice.

GOOD TO KNOW low fat • fibre • iron • vit c • 3 of 5-a-day
PER SERVING 444 kcal • fat 12g • saturates 4g • carbs 58g • sugars 20g • fibre 12g • protein 19g • salt 1g



Slow cooker pulled chicken

Serve this smoky, meltingly tender chicken in buns with crunchy salad and leave some aside to have with rice or potatoes the next day. Pack a piece of lime to squeeze over the meat before eating to give it a hit of freshness.

SERVES 8-10 **PREP** 5 mins

COOK 6 hrs 15 mins **EASY**

✳ (cooked chicken only)

2 tbsp vegetable or rapeseed oil

10-12 boneless, skinless chicken thighs

2 red onions, halved and sliced

2 garlic cloves, crushed

2 tsp paprika

2 tbsp chipotle paste

250ml passata

100g barbecue sauce

1 tbsp light brown soft sugar

1 lime, juiced

burger buns, taco shells, jacket potatoes or rice; coriander leaves; deseeded and sliced chillies, and guacamole, to serve (optional)

1 Heat the slow cooker to low and heat 1 tbsp oil in a pan. Brown the chicken in batches, transferring it to the slow cooker as you go. Add the remaining 1 tbsp oil to the pan and fry the onions for 5 mins, or until just softened, then stir in the garlic and paprika and cook for another minute. Tip into the slow cooker. Swirl 100ml water around the pan and pour this in as well.

2 Add the chipotle paste, passata, barbecue sauce, sugar and lime juice, then season and stir. Cover and cook for 6-8 hrs until the chicken is very tender. Using two forks, shred the chicken through the sauce. *Will keep chilled for up to two days.* Serve in buns, taco shells, jacket potatoes or over rice, with coriander leaves, chillies and guacamole, if you like.

PER SERVING 162 kcal • fat 7g • saturates 2g • carbs 9g • sugars 8g • fibre 1g • protein 15g • salt 0.4g



DON'T HAVE A SLOW COOKER?

Once you've browned the chicken and cooked the onions and garlic, put everything back in the pan with the other ingredients, cover with a lid and simmer gently for 1-1½ hrs until the chicken is very tender.





Super-versatile meatballs

You can set aside four or five of these moreish Swedish-style pork and turkey meatballs for next day's lunch to enjoy with pasta or potatoes, plus a handful of green vegetables if you like.

SERVES 4 PREP 15mins
COOK 30 mins EASY 🌱 🍲

½ medium onion, roughly chopped
 85g fresh white breadcrumbs
 1 tbsp chopped parsley
 200g lean pork mince
 200g turkey mince
 grating of nutmeg
 1 tbsp plain flour, plus extra
 for dusting
 rapeseed oil, for frying
 1 tbsp butter
 400ml hot beef stock
 2 tbsp single cream

1 Whizz the onion, breadcrumbs and parsley in a food processor until finely chopped. Add the pork and turkey mince, nutmeg and some seasoning. Pulse to just combine (you don't want to make a paste). Form into 20 walnut-sized meatballs and dust with flour.

2 Heat the oil in a large frying pan and fry the meatballs in batches until browned all over, then carefully lift them out with a slotted spoon and drain on kitchen paper.

3 Melt the butter in the pan, then sprinkle over the 1 tbsp flour and stir well. Cook for 2 mins, then slowly whisk in the stock. Keep whisking until it is a thick gravy, then return the meatballs to the pan and cook for 5 mins. Stir in the cream. Before serving, check one of the meatballs to make sure it is cooked through. *Will keep chilled for up to two days.*

PER SERVING 314 kcal • fat 13g • saturates 4g •
 carbs 16g • sugars 2g • fibre 2g • protein 31g • salt 0.8g



For more exciting ideas and recipes on a budget, visit bbcgoodfoodme.com.

APRIL'S VEG BOX STAR

Rhubarb

The gorgeous colour of forced rhubarb is a lovely addition to desserts and drinks

recipe HELENA BUSIAKIEWICZ photograph KIM LIGHTBODY

Rhubarb fool with pistachio cardamom shortbreads

SERVES 4 (with extra biscuits)

PREP 25 mins plus 1 hr cooling and chilling **COOK** 45 mins **EASY**

V * unbaked dough only

400g forced rhubarb, cut into 1cm chunks

150g golden caster sugar

1 orange, zested and juiced

1 tsp vanilla bean paste

For the shortbread

225g unsalted butter, softened

130g golden caster sugar

1 tsp vanilla bean paste

½ tsp ground cardamom

1 egg

225g plain flour

100g slivered pistachios

For the fool

200ml double cream

2 tbsp icing sugar

200g thick natural yogurt

1 Tip the rhubarb, sugar, orange zest and juice and vanilla bean paste into a saucepan over a medium heat and cook, stirring often, until the rhubarb has completely broken down and you can draw a line through the mixture with a spatula, about 10-15 mins. You can remove a few pieces of rhubarb after 2 mins to decorate, if you like. Once thick, glossy and pink, transfer to a heatproof bowl, cool completely and keep chilled until needed. *Will keep chilled for up to three days.*

2 For the shortbread, beat the butter, sugar, vanilla bean paste, cardamom and a large pinch of sea salt together using an electric whisk until light and fluffy. Add the egg and briefly whisk again to combine. Sift over the flour and add the pistachios. Stir until you have a shaggy dough, then bring it together with your hands, being careful not to overwork it.

3 Tip the dough out onto a large sheet of baking parchment and use the parchment to help you roll it into a tight log roughly 25cm in length. Chill in the fridge for 1 hr or freezer for 30 mins. *Will keep wrapped and frozen for a month.*

4 Heat the oven to 180C/160C fan/gas 4. Slice the chilled dough into 1cm-thick rounds and arrange on a baking tray lined with parchment. Bake until lightly golden and set, about 12-15 mins. Leave to cool on the tray.

5 For the fool, whisk the cream and sugar together to soft peaks, then fold in the yogurt and most of the rhubarb compote. Divide the rest of the compote between four glasses or bowls, then top with the fool and any remaining compote. Serve with the shortbread for dunking.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 897 kcals • fat 55g • saturates 32g •
carbs 88g • sugars 68g • fibre 4g • protein 10g •
salt 0.2g

MORE WAYS WITH RHUBARB

Ideas from the Good Food team



Rhubarb non-alcoholic gin Cut **1kg rhubarb** into 3cm lengths. Put in a large jar with **400g caster sugar** and shake to combine. Leave to stand overnight, then add **800ml non-alcoholic gin**. Leave to infuse in a cool, dark place for four weeks before drinking.



Stewed rhubarb Put **500g chopped rhubarb** in a pan with the **zest and juice of 1 orange**, **100g caster sugar** and 2 tbsp water. Bring to the boil. Simmer for 8 mins until the rhubarb is cooked but still holding its shape. Serve with custard or ice cream.



Rhubarb & star anise sorbet Put **700g chopped forced rhubarb** in a saucepan with **140g golden caster sugar**, **3 tbsp liquid glucose**, **2 star anise** and the **seeds from 1 vanilla pod**. Bring to the boil, then simmer for 15 mins. Remove the star anise and blitz in blender. Strain into a jug, add the **juice of 1 lemon** and churn in an ice cream machine, then freeze for 3 hrs before serving.

...and from our readers

"When I was a child, our family would mix stewed rhubarb with blackcurrant jelly to make a set pudding, and serve it with pouring cream. It was lovely!"

Victoria Riley, Leeds

"I make a rhubarb and custard pavlova with homemade rhubarb syrup, which is fabulous." **Leigh Brannon, Doncaster**

"I love rhubarb. My go-to is a rhubarb and apple crumble. My youngest won't eat crumble without rhubarb in it now!"

Paula Barbenza, Maidenhead





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SEASONAL STARS

Bring on spring

Revel in the best of the new season's produce with recipes for spinach, squid and spring onions from

Samuel Goldsmith.

photographs KIM LIGHTBODY

Slow-cooker puttanesca squid

Squid is often flash-fried, but it's also great when slow-cooked. Inspired by classic Italian puttanesca sauce, this dish makes a great hearty lunch.

SERVES 4 **PREP 20 mins**
COOK 3 hrs 10 mins **EASY**

2 tsp olive oil
1 onion, finely chopped
3 garlic cloves, crushed or finely grated
6 anchovy fillets
large pinch of chilli flakes (optional)
1 tsp dried oregano
400g can cherry tomatoes or chopped tomatoes
600g prepared squid, tubes cut into rings, plus tentacles
3 tbsp capers, drained
150g pitted black olives
125ml non-alcoholic white wine (or use water)
small handful of parsley, finely chopped
crusty bread, to serve (optional)

1 Heat the oil in a frying pan over a medium heat and fry the onion for 6-8 mins until soft and beginning to brown. Add the garlic and anchovies and cook for 1 min more before scattering in the chilli, if using, and the oregano. Cook for 30 seconds, then tip into the slow cooker.

2 Pour in the can of tomatoes, then swill out the can using 1 tbsp water and pour this into the slow cooker. Add the squid, capers and olives. Pour in the non-alcoholic white wine and give everything a good stir. Cook on high for 3 hrs until the sauce has thickened a little (it will be soup-like). Serve in bowls with the chopped parsley scattered over and some crusty bread for dunking.

GOOD TO KNOW low cal • 2 of 5-a-day • gluten free
PER SERVING 310 kcals • fat 15g • saturates 2g •
carbs 10g • sugars 7g • fibre 3g • protein 27g •
salt 2.6g

SQUID

HOW TO PREPARE IT

Unless you feel confident preparing the squid yourself (including removing the ink sack), it's best to get it pre-prepared from your fishmonger or a fish counter. It's still worth checking that there isn't a beak left in the squid – this will feel like a piece of plastic, and can easily be popped out. Finally, give it a good wash and drain well.

HOW TO USE IT

Squid tastes best when it's either quickly fried or left to cook for a long time. Popular dishes include salt & pepper squid, crispy fried calamari with aioli and squid & chorizo stew. Find more squid recipes at: bbcgoodfoodme.com.





SPRING ONIONS

WHAT TO LOOK FOR

Choose spring onions with firm, unblemished bulbs and bright green, perky leaves. Avoid any that are slimy or wilting. The skin covering the bulb can be either white or deep red fading to white – there's no significant difference in taste. The bulb can be quite pronounced, or like a leek.

HOW TO PREPARE THEM

Wash, then trim off the root and any ragged tops. Slice the bulb into rounds. Cut the tops across (kitchen scissors are good for this) or lengthways with a knife, then lengthways again. If you want to make the tops into a garnish, cut into slim lengths, then cover in ice-cold water for 30 mins.

HOW TO USE THEM

Although spring onions are great as a garnish or combined with leaves and salad vegetables, they are also delicious as a component of a dish. Try combining them with cheese in a quesadilla or peas in a tart, or mix into a batter for fritters.

Braised spring onions

Braised spring onions

Though often used as a garnish or in a salad, fresh spring onions deserve to be the star of the show.

SERVES 4 **PREP 15 mins**
COOK 40 mins **EASY** **V**

25g unsalted butter
1 tsp olive oil
2 bunches of spring onions
(about 16), trimmed
250ml vegetable stock
2 tsp Dijon mustard
100g frozen peas
1 mint sprig, leaves picked
and chopped
50g feta, crumbled (vegetarian,
if necessary)
½ lemon, zested and juiced

1 Heat the butter and oil in a large-lidded frying pan over a medium heat and fry the spring onions for 5 mins, covered, turning occasionally until browned. Mix the stock with the mustard and pour this over the spring onions. Bring to a simmer, cover again and cook for 10 mins, then remove the lid and cook for a further 15 mins.

2 Scatter in the peas and cook for 5-10 mins until the peas are cooked, the spring onions tender and the stock has reduced. Spoon onto a serving plate and scatter over the mint, feta and lemon zest. Squeeze over the lemon juice and serve.

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 127 kcals • fat 9g • saturates 5g •
carbs 5g • sugars 4g • fibre 3g • protein 5g • salt 0.9g

Tuscan chicken

This quick midweek dinner makes the most of the colour and flavour of spinach. Serve with spring greens or orzo.

SERVES 4 **PREP 10 mins**
COOK 30 mins **EASY**

2 tbsp plain flour
1 tbsp smoked paprika
2 tsp oregano
4 skin-on chicken breasts
80g sundried tomatoes, chopped,
plus 1 tbsp oil from the jar (or
use olive oil)
4 garlic cloves, finely grated
or crushed
125ml non-alcoholic white wine
250ml chicken stock
200g spinach
150ml double cream
75g grated parmesan
cooked rice, to serve
small handful of parsley, chopped

1 Combine the flour, paprika and oregano in a medium bowl, then add the chicken breasts and toss to coat. Heat the oil in a large frying pan over a medium heat and cook the chicken breasts, skin-side down, for 4-5 mins until the skin is golden brown. Turn over and cook for another 4-5 mins until golden on both sides. Remove to a plate and set aside.

2 Scatter in the sundried tomatoes and garlic and cook for 1 min, then add the non-alcoholic wine and cook for 2-3 mins. Return the chicken to the pan, then pour in the stock and simmer for 5 mins. Add the spinach and cook for a further 5-10 mins until the chicken has cooked all the way through and the spinach has wilted. Pour in the double cream, stir in half the parmesan and cook for 1-2 mins to heat through. Serve the chicken over cooked rice, if you like, with the remaining parmesan and parsley sprinkled over the top.

GOOD TO KNOW calcium • folate • vit c • iron •
1 of 5-a-day
PER SERVING 672 kcals • fat 41g • saturates 20g •
carbs 19g • sugars 10g • fibre 5g • protein 49g •
salt 1.1g

SPINACH

WHAT TO LOOK FOR

Go for spinach with bright green leaves, tender but crisp stems and a fresh smell. Avoid any leaves that are yellowing or wilting.

HOW TO USE IT

Milder, young leaves are great in salads, and the mature leaves are delicious cooked. Spinach leaves wilt dramatically during cooking, so don't be surprised if recipes ask for a large amount. The leaves are also lovely in Indian saag recipes, with cream in creamed spinach, or cooked in soup. Find more spinach recipes at bbcgoodfoodme.com.

HOW TO PREPARE IT

Pre-washed spinach will most likely need a little rinse to help freshen it. Loose spinach from your garden, greengrocers or farm shop might need a more thorough rinse in a colander to remove dirt and grit. Older spinach leaves might have tough stalks, which can be removed by tearing them away from the leaf.



love your leftovers

Use up what's left of our speedy midweek meals

Sardines on toast

Use leftover **tomatoes** and **sardines** from the pasta to make an easy lunch. Finely chop **1 tomato** and mix with **1 finely chopped red chilli**, **1 small crushed garlic clove** and a squeeze of **lemon juice**. Season. Mix in any leftover **parsley** and a drizzle of **olive oil**. Gently stir through the sardines and spread on a piece of **toasted sourdough**.

Ginger tea

Slice any surplus **ginger** from the udon recipe or fried rice. Put in a small saucepan with 250ml hot water, **1-2 tsp honey** and a squeeze of **lemon juice**. Bring to a simmer, then strain into a heatproof cup.

Kimchi cheese toastie

Spread the outside of **2 slices of bread** with **mayonnaise**. On the inside, layer leftover **drained kimchi** from the fried rice recipe with **grated cheddar**. Sandwich the slices together, mayo-sides out. Fry for a few minutes in a hot frying pan with a heavy lid on top to weigh the sandwich down, then turn and cook for 1-2 mins more until gooey and golden.

Fried rice burrito

Mix **cooked chicken** and **1 thinly sliced pepper** with any leftover **fried rice**. Warm in a non-stick frying pan with a splash of **olive oil** until hot. Stuff into a **large tortilla** and fold in the edges and sides, sealing tightly.



3 ways with leftover herbs



Herb butter

Mix **150g softened butter** with **2 grated garlic cloves** and a **small handful of chopped herbs** (such as parsley, thyme or chives), and season with pepper. Put on a sheet of baking parchment and roll into a log. Freeze until solid, then slice and serve over steak or use to make garlic bread. *Will keep frozen for two months.*



Infused olive oil

Wash and thoroughly dry any leftover **rosemary** from the lamb recipe before adding to a bottle of **olive oil**. Leave to infuse for a couple of weeks in a cool, dark place. Dip bread into the oil, or use to make salad dressing.



Coriander chutney

Roughly chop any surplus **coriander** from the udon recipe, then blitz with a pinch of **cumin**, a squeeze of **lemon juice** and **1-2 green chillies**. Add 50ml water and blitz again to a pesto-like consistency, adding more water if needed. Season. *Will keep chilled for up to two days.*

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers.

To find out more, go to bbcgoodfood.com/reduce-reuse-recycle. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

WEEKEND

Mouthwatering dishes to dig into with your family and friends



TOM KERRIDGE

Sweet & tangy tagine, p42



**A TASTE
OF HOME**
p45



SAVE SUNDAY LUNCH

**Joe Woodhouse's vibrant
vegetarian feast, p55**



WEEKEND SPECIALS

Relaxed entertaining, p60



gf

CELEBRATION COOKING

Easter parade, p67



TOM KERRIDGE

SWEET & TANGY TAGINE

Following North African tradition, Tom uses dried fruit to bring subtle sweetness to his version of a chicken tagine

photographs MIKE ENGLISH

In one of our podcasts, we did an unofficial poll of ingredients listeners weren't keen on, and I was surprised to see dried fruits in there. I think people's aversion to them is in baking and desserts – maybe it's now seen as a bit old-fashioned. And, when people refer to 'dried fruits', I think they mean only currants, raisins and maybe mixed peel. The world of dried fruits is far more varied. We mustn't forget about dried mango, strawberries and apricots, which

of course are fantastic with lamb. I love dried fruits in all their guises; when you dry anything, it intensifies the flavour of the ingredient. When you add dried fruits – especially to savoury dishes – the result is little bursts of jammy fruitiness. They work in salads, especially pulse-based ones, and paired with root vegetables such as carrots or beetroot. And, I wouldn't think of making a North African-style braise or stew without adding them. Converted? I hope so.

Great
for Iftar



When people refer to 'dried fruits', I think they mean only currants, raisins and maybe mixed peel – the world of dried fruits is far more varied

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at bbcgoodfood.com/podcast.

🐦 @ChefTomKerridge







Moroccan-style chicken with sour cherries & olives

If you're into batch-cooking, this is the ideal recipe to double up and freeze in a large batch or smaller portions. Once defrosted, it also reheats well in the microwave.

SERVES 4 **PREP 20 mins**
COOK 45 mins **EASY**

8 free-range, skin-on, bone-in chicken thighs
2 tbsp ras el hanout
3 tbsp olive oil, plus a drizzle
2 onions, chopped
2 carrots, cut into large chunks
4 garlic cloves, finely chopped
thumb-sized piece of ginger, peeled and finely grated
1 tbsp harissa paste (see tip, right)
½ preserved lemon, finely chopped, or 1 strip of lemon peel
1 cinnamon stick
2 bay leaves
400g can chopped tomatoes
500ml chicken stock
300g pitted green olives, drained
100g dried sour cherries or any other dried fruit (like cranberries, apricots, raisins or sultanas)
chopped coriander and cooked couscous (see tips, right), to serve

1 Season the chicken well, and toss with the ras el hanout to coat. *This can be prepared the night before and kept chilled.* Heat the oil in a large flameproof casserole or frying pan over a medium heat and spend 15-20 mins browning the chicken on all sides. (You can do this in batches to avoid crowding the pan.) Transfer the chicken a plate using a slotted spoon and set aside. Cook the onions and carrots in the pan for 8-10 mins until soft and golden, adding a drizzle more oil if the pan is dry. Add the garlic and ginger, and cook for 2 mins more. Stir in the harissa and preserved lemon. Cook for another minute until the vegetables are coated in the mixture and have become sticky. Add the cinnamon and bay leaves, then tip in the tomatoes and bring to a simmer. **2** Cook for a few minutes more until the liquid has reduced to a thick paste. Tip the chicken and its resting juices back into the pan, and pour over the stock. Stir in the olives and cherries and return to a simmer. Put the lid on and simmer gently for 45 mins-1 hr until the chicken is cooked through and tender. Scatter over the chopped coriander and serve with couscous. *Once completely cool, will keep chilled for up to three days or frozen for three months. Defrost in the fridge overnight before reheating over a low heat or in the microwave until piping hot.*

GOOD TO KNOW vit c • 3 of 5-a-day
PER SERVING 508 kcals • fat 28g • saturates 6g •
carbs 35g • sugars 28g • fibre 8g • protein 26g •
salt 2.3g

5 MORE IDEAS

- **Dried fruit couscous** Another way to use dried fruits is in a side dish for this recipe. Cook **250g couscous** in boiling **stock** or water following pack instructions, then stir in **75g raisins, sultanas, currants, dried cranberries, dried cherries** or chopped **dried apricots**. You can also add the **zest and juice of ½ lemon** and chopped **coriander**, if you like.
- **Chicken pastilla** Shred any **leftover chicken**, mix with more **dried fruit of your choice**, then wrap in **filo pastry** to make triangles. Brush with **beaten egg** and bake at 200C/180C fan/gas 6 for 25 mins until golden. Serve with any leftover sauce.
- **Moroccan-style vegan squash tagine** Swap the chicken for **1 butternut squash**, peeled and chopped into large chunks, and the chicken stock for **veg stock**. No need to fry the squash first – simply add it with the carrots.
- **Moroccan-style lamb stew** For a lamb version of this dish, swap the chicken for **800g diced lamb** (neck fillet is good), and simmer everything for 30 mins more than the time stated, or until the lamb is tender.
- **Make it in a slow cooker** Whether you choose the chicken, veggie or lamb version of this recipe, it can be cooked in a slow cooker instead of on the hob. Cook for 8 hrs on low or 4 hrs on high.

A taste *of* HOME

We share recipes that conjure fond childhood memories

recipes CASSIE BEST, NATALIA MIDDLETON,


GEORGINA HAYDEN, OLIA HERCULES, KALPNA WOOLF

photographs JONATHAN GREGSON

Natalia Middleton's feijoada

I was adopted from Sao Paulo at six days old, then moved to the UK and later New Zealand, so I'm pretty multicultural in terms of my roots. My godparents are Brazilian, and we always have Brazilian dishes when we visit them. My godmother has taught me a lot. When I was 12, we went to Brazil for the first time and had feijoada – I remember feeling a really special connection to the dish, which has continued to this day. I now make it regularly at home, and it's even on the menus in the prisons we work with as part of Food Behind Bars (see opposite). It's traditionally garnished with orange slices and served with farofa, which is made from ground cassava. If you can't find this, rice is a great accompaniment, too.

Feijoada

SERVES 6 **PREP** 10 mins plus optional overnight soaking
COOK 3 hrs 30 mins **EASY** 

500g dried black beans, or
2 x 400g cans black beans
2 tbsp olive oil
2 onions, roughly chopped
4 garlic cloves, finely grated
or crushed

500g meats of your choice, such
as chopped pancetta, pork belly
pieces, chorizo and sliced blood
sausage (optional)

800g smoked pork ribs, separated
(available from Brazilian grocers,
or use unsmoked; see tip, right)

4 bay leaves

To serve
steamed rice or farofa
handful of roughly chopped
coriander

1 If using dried beans, tip into a large bowl, cover with water and soak overnight. The next day, drain and rinse, cover with fresh water, then bring to the boil in a large pan over a medium-high heat and cook for 10 mins. Skim off any foam that rises to the surface. Remove from the heat and set aside. (If using

canned beans, skip this step).

2 Heat the oil in a large pan over a medium heat and fry onions with a pinch of salt until soft and just golden, about 15 mins. If the onions begin to brown too quickly, add a splash of water. Add the garlic, cook for 1 min more, then stir in all of the meat and the bay leaves.

3 Tip in the beans and 200ml of the cooking liquid (topping up with cold water if there's not enough), or the canned beans and their liquid – everything should be covered with water. Bring to the boil, then reduce the heat to a simmer and cook for 2-3 hrs.

4 When the sauce has thickened and the beans are cooked, spoon into bowls with rice or farofa and sprinkle over some chopped coriander before serving.

GOOD TO KNOW folate • fibre • iron • 1 of 5-a-day •
gluten free

PER SERVING 489 kcal • fat 16g • saturates 5g •
carbs 37g • sugars 3g • fibre 19g • protein 40g
• salt 1.4g

gf tip

CHOICE CUTS

• *This stew is traditionally made with smoked pork ribs and other meat to create a rich flavour. You can also find feijoada meat packs in Brazilian grocery shops, or use a mix of meats you can easily find locally. Unsmoked pork ribs work, too.*



Natalia Middleton is head of food education at Food Behind Bars (foodbehindbars.co.uk), a charity working to make prison food healthier and more delicious. She's also passionate about making the hospitality industry more inclusive and diverse. @NatMCooks

Georgina Hayden's Mama Socratous' avgolemoni

Avgolemoni (or avgolemono) is a classic Greek soup that most families will have their own method for. This is my family's recipe – specifically my mum and Yiayia Maroulla's recipe – which is incredibly creamy, thanks to my mum's brilliant method. The biggest difference between Grecian and Cypriot versions is that, in some cases, Greek-Cypriots add ground cinnamon. I'd never even tried it without until recently, but I love the gentle spice and warmth that cinnamon adds. However, you can simply omit it from the method (or sprinkle it over at the end.)

As is the way with chicken broth soups, this is thought to be healing. There's no denying that the velvety texture, warming spice and the vitamin C hit from the lemon makes it feel like a hug in a bowl. It's something my mum always made when we were poorly. It's such a comforting, homely soup.

If you don't have time to make your own stock, you can skip that step and use ready-made, good-quality stock – it makes the whole thing a lot quicker.

Mama Socratous' avgolemoni (Greek chicken, rice & lemon soup)

SERVES 6-8 **PREP** 10 mins plus 1 hr 30 mins
cooling **COOK** 2 hrs **EASY**

1.6kg whole chicken
6 black peppercorns
2 onions, roughly chopped
2 celery sticks, roughly chopped
2 carrots, roughly chopped
300g medium or long-grain rice
4 eggs
2 lemons, juiced, plus pared zest to serve (optional)
½ tsp ground cinnamon, plus an extra pinch to serve

1 Put the chicken in a large saucepan along with the peppercorns, onions, celery and carrots. Cover with cold water and bring to the boil over a high heat. Reduce the heat to low, cover and simmer for 1 hr, or until the chicken is tender and falling apart. Remove from the heat and leave to cool completely, about 1 hr 30 mins. Once fully cooled, remove the chicken to a board and shred the meat off the bones. (You can store the meat in an airtight container in the fridge for up to two days, or add it back into the soup later.) Discard the carcass. Strain the stock, discarding any aromatics, and measure the liquid out into a jug – you'll need around 2.5 litres.

2 Pour the stock back into the saucepan, season with salt and bring to the boil over a high heat. Stir in the rice, then reduce the heat to a simmer and cook for 15 mins until the rice is soft. Remove from the heat. Meanwhile, crack the eggs into the bowl of a stand mixer and squeeze in most of the lemon juice, reserving the juice from about ½ lemon. Add the cinnamon and a generous pinch of black pepper, and whisk to combine. (If you don't have a stand mixer, do this in a large bowl using an electric or balloon whisk.) With the motor running on a low speed, ladle in some of the hot stock (but no rice), whisking it into the eggs thoroughly until creamy. Repeat this process three more times, with the motor running continuously. Pour the egg and stock mixture back into the saucepan with the rice.

3 If you're adding the shredded chicken to the soup, add it now. Reduce the heat to low and simmer for 3-4 mins, stirring continuously until you have a thick, creamy soup. (Stirring will help prevent the soup from catching or the egg from scrambling.) Taste and add the rest of the lemon juice, if you like. Serve straightaway, or leave to stand for 10 mins to thicken more, then sprinkle with extra cinnamon and pared lemon zest, if you like.

GOOD TO KNOW healthy • low cal • 1 of 5-a-day • gluten free

PER SERVING (8) 382 kcals • fat 15g • saturates 4g • carbs 30g • sugars 0.1g • fibre 0.7g • protein 30g • salt 0.4g



Georgina Hayden is a food writer, cook and presenter. She grew up above her grandparents' Greek-Cypriot taverna, where she developed her love of cooking. She regularly features on BBC One's *Saturday Kitchen* and was a judge on *The Great Cookbook Challenge*. @GeorginaHayden

Kalpna Woolf's crispy namak para

"Those are the days of miracle and wonder", as the song goes – the happy days of our childhood. An overly full house crammed with children, parents, grandparents, friends and neighbours, always open doors. How did we all fit into that small terraced house? Kitchen activity was on high alert – cook, eat, cook, eat – and we were always standing by to look after everyone. As soon as the doorbell rang, a large pan of hot water would go on the hob to make milky, spicy-sweet chai and a plate of welcome-to-our-home snacks would appear. No one could leave without eating something. Exhortations to eat filled the air: "eat something", "eat more", "have another". These were the jingles of our childhood.

Crispy namak para (deep-fried Indian snacks)

SERVES 8 **PREP 1 hr**
COOK 15-20 mins **EASY V**

250g plain flour
2 tbsp ghee, softened
1 tbsp cumin seeds
vegetable oil, for the plate and
deep-frying

1 Sift the flour into a large bowl, and mix in $\frac{1}{2}$ tsp salt and the ghee. When the ghee is fully incorporated, sprinkle in the cumin seeds, then trickle in 2 tbsp warm water, slowly adding a little more until you have a medium-hard dough. It shouldn't be soft. Knead for 3-4 mins, then cover and set aside for 30 mins.
2 Divide the dough into small, equal-sized balls. Roll each ball out into a thin circle. You can then cut the circles into diamond shapes or straight pieces. For diamonds, cut diagonally across the circle, near the edge, then repeat in the opposite direction. Transfer the shapes to an oiled plate and repeat with the rest of the dough.

3 Fill a deep pan no more than a third full with oil and heat to 180C, or until a little of the dough rises to the surface quickly when dropped in. Fry the namak paras in batches for 1-2 mins per batch until browned. Remove to a plate lined with kitchen paper using a slotted spoon, and serve warm or at room temperature. *Will keep in an airtight container for up to three days.*

PER SERVING 178 kcals • fat 7g • saturates 3g •
carbs 24g • sugars 0.2g • fibre 1g • protein 3g
• salt 0.3g

gf tip MAKE A BATCH

● You can use this same dough to make mathis, which are a round (and slightly thicker) version that's just as delicious. Make loads of these in one go, as they will keep for up to a month in an airtight container.

Chai

This should be spicy, milky and very sweet – you can adjust the spices, milk and sugar to taste.

SERVES 4 **PREP 5 mins** **EASY V**

4-6 cardamom pods, bashed open
4 cloves
1 tbsp fennel seeds
1 cinnamon stick
1 tsp grated ginger
3 tbsp loose leaf black tea
(Darjeeling or Assam), or
3 strong teabags
250ml whole milk
2-3 tbsp jaggery or caster sugar

1 Put 1 litre water in a large saucepan with the spices, and bring to the boil over a medium-high heat.
2 Add the tea and reduce the heat to medium-low. Simmer for 3-4 mins. Add the milk, then turn up the heat to medium. Bring to the boil again. Reduce the heat to low, remove the teabags, if using, and mix in the sugar. Simmer for 2-3 mins more, then pour into cups, straining the loose tea if using.

GOOD TO KNOW low fat • gluten free
PER SERVING 102 kcals • fat 3g • saturates 2g •
carbs 17g • sugars 16g • fibre none • protein 3g
• salt 0.1g



Kalpna Woolf is a food writer and founder of 91 Ways, a campaign to bring communities together through food. In her 20-year career as head of production at the BBC, she oversaw well-known food series, featuring Nigella Lawson, Rick Stein and more. She's the author of *Spice Diet* and *Eat, Share, Love*. @Kalpna_Woolf

Cassie Best's rösti-topped lamb & rosemary pie

When I was growing up, my mum did all the cooking. With both parents at work, family food was never fancy, but always full of love. Midweek, we'd eat quick, simple food: bangers and mash, macaroni cheese, bananas and custard. At the weekend, I spent time in the kitchen with my mum making pies of every description: potato-topped fish pie for Friday night, creamy chicken pie, apple pie when Bramleys were ready for picking, steak and kidney suet pudding for my granddad. The one that never appealed, though, was shepherd's pie – until Mum created this rösti-topped version. The chunks of lamb (you could also use mince) give it body, but it's the cheesy topping that captured my heart.

SERVES 4-6 **PREP** 30 mins

COOK 3 hrs 35 mins

MORE EFFORT 🌟

750g lamb (use shoulder, leg or neck), cut into large chunks
2 tbsp plain flour
2 tbsp olive oil
1 onion, chopped
1 carrot, chopped
3 garlic cloves, crushed
2 large rosemary sprigs, needles picked and finely chopped, plus a few small sprigs
1 tbsp tomato purée
200ml non-alcoholic red wine
500ml lamb or beef stock
1 tbsp redcurrant jelly
850g large floury potatoes (such as King Edward or Maris Piper), cut into large chunks
50g mature cheddar, grated
50g unsalted butter, melted

1 Season the lamb and toss in the flour. Heat half the oil in a large flameproof casserole over a high heat and brown half the lamb pieces on all sides. Transfer to a plate and brown the remaining lamb pieces, then remove to the plate. Set aside.

2 Reduce the heat to medium, add the remaining oil to the pan and cook the onion and carrot for 10 mins, stirring regularly until soft and golden. Add the garlic, rosemary and tomato purée, and stir for 1-2 mins.

3 Return the lamb to the pan and add the non-alcoholic wine, stock and redcurrant jelly. Bring to a simmer, then reduce the heat to low, cover and cook for 2 hrs-2 hrs 30 mins, or until the lamb is tender. (Alternatively, tip into a slow cooker and cook on low for 6-8 hrs, or cook in a pressure cooker for 20 mins.) *Once fully cool, the lamb stew will keep in an airtight container in the fridge for*

up to three days, or frozen for two months. Defrost in the fridge overnight before reheating until piping hot.

4 Tip the potatoes into a pan, cover with water, bring to the boil and cook for 10 mins until softened slightly but still holding their shape. Drain and leave until cool enough to handle, then grate using the coarse side of the grater. Tip the potatoes into a bowl with the cheddar, half the butter and plenty of seasoning. Mix to combine.

5 Heat the oven to 190C/170C fan/gas 5. Transfer the lamb stew to a baking dish (ours was 20 x 30cm). Scatter the potato topping over the lamb, and poke a few small rosemary sprigs into the topping. Brush over the remaining butter and bake for 35-40 mins until the topping is golden brown and the lamb stew is bubbling at the edges.

PER SERVING (6) 607 kcal • fat 35g • saturates 17g • carbs 32g • sugars 5g • fibre 4g • protein 32g • salt 0.5g



Our food director Cassie trained as a chef at Leiths School of Food and Wine and has since created hundreds of recipes for Good Food. She has a passion for creating easy family meals and special bakes. @CassieCooks

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CLEMENTINE



ALMONDS



GOLDEN RAISIN

1300 - 1500 m.a.s.l

SCAN FOR MORE



500g



SAVE SUNDAY LUNCH

JOE WOODHOUSE'S *vibrant* VEGETARIAN FEAST

Food writer **Joe Woodhouse** has been vegetarian since childhood.
Here, he shares a hearty, meat-free menu for the weekend

photographs MYLES NEW

Weekends are packed full of cooking with my son Wilfred.

He loves to cook, and as we're both up first, we set about preparing the weekend meals for everyone else. Often, we make cheese, breads, pizzas and lots of veg-centric food. My wife Olia and any guests dropping by will tuck in to what we've come up with.

Taking the time to sit down and eat together is so important – catching up, sharing stories and making each other laugh. These recipes don't require much time at the stove, and they can be served sharing-style for everyone to help themselves, maximising the time spent with family and friends at the table.

Lentils with spring greens & watercress walnut pesto



@Joe_Woodhouse

Joe Woodhouse grew up in Cambridge and Scarborough. He trained as a chef and worked in restaurants before becoming a food stylist and photographer. Joe has been a vegetarian since he was 10, and has developed his repertoire of seasonal cooking. His first cookbook, *Your Daily Veg* (Kyle Books) is out now.

Rosemary fried potatoes

Purple sprouting broccoli with vinaigrette



Our GF Nation survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But, getting together to share a meal doesn't have to cost the earth. BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community of food lovers for everyone to enjoy together at the weekend. See the full survey results at bbcgoodfood.com/bbc-good-food-nation.

Purple sprouting broccoli with vinaigrette

SERVES 4 as a side **PREP** 10 mins
COOK 5 mins **EASY** V

350g purple sprouting broccoli (or use other broccoli or romesco cauliflower)

For the dressing

1 heaped tbsp Dijon mustard
1 tsp honey
1-2 tbsp capers
3 tbsp extra virgin olive oil
10g parsley, finely chopped, plus
2 tbsp to garnish

1 Bring a large pan of salted water to the boil over a medium-high heat. Trim away any dry ends from the broccoli. Cut large stalks in half so they are all a similar size. Cook the broccoli for 4-6 mins until a knife can easily pierce through the stalks.
2 Combine the dressing ingredients in a large bowl with a pinch of salt and a few grinds of black pepper. Taste – it should be slightly over-seasoned and punchy, as the broccoli will absorb the dressing along with the seasoning. Drain the broccoli well and add to the dressing. Toss well to evenly coat.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 126 kcal • fat 9g • saturates 1g • carbs 5g • sugars 4g • fibre 3g • protein 4g • salt 0.7g

Lentils with spring greens & watercress walnut pesto

SERVES 4-6 **PREP** 25 mins
COOK 40 mins **EASY** V

300g green lentils (puy or speckled)
2 tbsp olive oil
2 carrots, trimmed and roughly chopped
4 small banana shallots or 2 small onions, cut into quarters
1 vegetable stock cube
100g tomato purée
300g spring greens or hispi cabbage, core removed, cut into rough 3-5cm sections

For the pesto

150g watercress
150g walnuts
50g vegetarian hard cheese (cow's or sheep's milk), grated
150g extra virgin olive oil
1-2 lemons, juiced and zested

1 Make the pesto by combining all the ingredients in a blender or food processor and pulsing until a course sauce is formed. This is more than you may need. *Will keep covered in the fridge beneath a thin layer of olive oil for up to a week.*

2 Put the lentils in a medium saucepan and cover with water. Bring to the boil over a medium heat and cook for 20 mins until almost tender.
3 Meanwhile, heat the olive oil in a saucepan over a medium-low heat and cook the carrots and shallots for 15-20 mins until they are starting to caramelize and soften. Drain the lentils and add these to the carrots and shallots. Crumble in the stock cube. Add the tomato purée, give everything a good stir and pour in 500ml water.
4 Once bubbling, cook for a further 10 mins. The lentils should be tender. If not, carry on cooking and top up with water as needed. The lentils should be saucy, but not watery.
5 Stir through the spring greens to wilt, about 2-3 mins (you will still want some texture). Serve with the pesto.

GOOD TO KNOW healthy • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING (6) 461 kcal • fat 29g • saturates 5g • carbs 26g • sugars 7g • fibre 12g • protein 17g • salt 0.4g

Rosemary fried potatoes

SERVES 4 as a side **PREP** 5 mins plus cooling **COOK** 45 mins **EASY** V

600g unpeeled potatoes (such as Maris Piper, King Edward or Desiree)
60ml olive oil
15g rosemary (about 3 sprigs), leaves picked and finely chopped

1 Cook the potatoes in a large pan of boiling salted water for 15-20 mins until tender when pierced – they should slide off the knife when lifted. Drain and spread out on a tray to cool, about 20 mins. *These can be cooked ahead and kept in the fridge until you're ready to use them. Will keep chilled for up to a day.*
2 Cut the potatoes into roughly 2cm cubes. Heat the oil in a large frying pan over a medium-high heat and cook the potatoes in a single layer for about 8 mins, undisturbed, until a golden crust forms. Once they come away from the pan when given a nudge with a spatula, turn and cook for a further 8-10 mins, tossing or flipping a few at a time until golden all over.
3 Add the rosemary and cook for a further 5 mins. Season well with sea salt and serve.

GOOD TO KNOW vegan • gluten free
PER SERVING 244 kcal • fat 15g • saturates 2g • carbs 23g • sugars 1g • fibre 3g • protein 2g • salt none

Spelt pancakes with rhubarb & crème fraîche

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY** V

400g rhubarb, cut into 2-3cm pieces
60g honey, plus a drizzle
1 orange, zested and juiced
100g unsalted butter
50g flaked almonds
200ml crème fraîche, to serve
For the pancakes
2 eggs
30g olive or sunflower oil
350ml milk
175g spelt or buckwheat flour

1 Tip the pancake ingredients into a blender and blitz until smooth. Set aside to rest while you prepare the rhubarb.
2 Put the rhubarb, honey, orange juice and zest in a medium saucepan set over a medium heat and cook, stirring occasionally for 8-12 mins until the rhubarb collapses. Taste and add more honey if you prefer. Set aside until you're ready to assemble.
3 Melt 1 tbsp butter in a large frying pan over a medium heat, swirling to coat the entire pan. Pour in enough of the pancake mix to coat the base, swirling the pan to spread the batter. (The batter should make 9 pancakes, in case the first one sticks.) Cook for about 1 min until the underside is golden, then flip over and cook for 30 seconds-1 min until there are no remaining raw bits. Remove to a plate and keep warm. Repeat to use up the rest of the batter, adding more butter to the pan between each pancake.
4 Set aside a couple of spoonfuls of the rhubarb compote. Divide the rest between the pancakes, spooning a little into the centre of each. Fold over the left and right sides of each pancake so they overlap and enclose the filling, then fold over the side nearest to you, all the way, with the fold where the compote starts. Tuck the section with the compote in and over itself to form neat parcels.
5 Melt the remaining butter in the frying pan and gently add the pancake parcels. Cook for 1-2 mins until golden, then flip and repeat on the other side. (You may need to do this in batches.) Remove to plates or a serving platter. Toast the almonds in the butter in the pan over a low heat for 2-3 mins. Scatter these over the pancakes. Serve with the crème fraîche, some honey and the reserved rhubarb.

GOOD TO KNOW calcium • vit c • 1 of 5-a-day
PER SERVING 826 kcal • fat 61g • saturates 31g • carbs 48g • sugars 18g • fibre 4g • protein 18g • salt 0.8g



WEEKEND SPECIALS

RELAXED ENTERTAINING

Make your time with family and friends memorable with restaurant-style dinners that are simple to make at home

recipes AILSA BURT *photographs* MYLES NEW



Folded omelette & merguez
sausage sandwiches with
quick chilli jam



Bloody mary
mussels

Folded omelette & merguez sausage sandwiches with quick chilli jam

If you'd like to make these sandwiches for a crowd, use a bigger pan for the omelette and cut to fit in the rolls.

SERVES 4 **PREP** 20 mins

COOK 45 mins **EASY**

4 merguez sausages
4 ciabatta rolls, halved
100g halloumi, cut into 8 slices
6 eggs
small handful of coriander, finely chopped
1 tbsp harissa
25g butter
For the chilli jam (makes 300g)
50g red chillies
2 tbsp tomato purée
2 roasted red peppers from a jar, drained and roughly chopped
3 garlic cloves, roughly chopped
15g ginger, peeled and roughly chopped
80g golden caster sugar
100ml rice vinegar

1 Begin by making the chilli jam. Trim and halve the chillies and put in a wide, non-stick frying pan over a high heat. Dry-fry for around

5 mins, shuffling the pan regularly until charred and blackened. Turn the heat down to low and stir in the tomato purée and 2 tbsp water. Cook for 2 mins until the water has evaporated and the purée has caramelised slightly. Tip into a food processor along with the red peppers, garlic and ginger. Pulse until finely chopped before returning to the pan along with the sugar and vinegar. Bring to a simmer and bubble for 15-20 mins until thick and jammy. Transfer to a bowl and leave to cool. *Will keep in an airtight, sterilised jar in the fridge for up to a month.*

2 Heat the grill to high and split the sausages lengthways, leaving them attached on one side. Put them on a foil-lined baking tray, skin-side up. Grill for 5-7 mins on each side until cooked through and crispy. Put the halved ciabatta rolls on the baking tray for the final 5 mins to toast.

Meanwhile, heat a large, non-stick frying pan over a medium-high heat. Once hot, add the halloumi slices and fry on each side for 2-3 mins until golden. Transfer to a plate.

3 Beat the eggs in a large bowl, and mix in the coriander and harissa along with some seasoning. Heat the butter in the same pan over a medium heat until foaming,

and pour in the egg mixture. Tilt the mixture around the pan, ensuring it covers the base evenly. Cook for about 20-30 seconds, before gently scraping the mixture into the centre from the sides and tilting the pan again. Repeat this once or twice more, then continue to cook until set. Gently fold the omelette using a spatula and slide out onto a chopping board. Slice into four equal pieces.

4 Spread 1-2 tbsp of the chilli jam over the base of the toasted ciabatta, top each with a sausage, a piece of omelette and 2 slices of halloumi, then sandwich with the top of the roll. Serve warm with some extra chilli jam on the side for dipping.

GOOD TO KNOW fibre • vit c • iron • 2 of 5-a-day
PER SERVING 774 kcs • fat 52g • saturates 19g •
carbs 20g • sugars 8g • fibre 8g • protein 49g •
salt 1.4g



Charring the chillies before blitzing brings a smoky flavour to the jam.

Bloody mary mussels

Inspired by the flavours of the classic beverage, this dish has a little kick to it.

SERVES 4 **PREP** 30 mins

COOK 20 mins **EASY**

1 tbsp olive oil
2 celery sticks, finely chopped
1 red chilli, finely chopped
1 onion, finely chopped
1 lemon, zest peeled into strips, juiced
75ml non-alcoholic vodka
250ml tomato juice
5g dashi powder (see tip, right)
½ tsp celery salt
2 tsp Worcestershire sauce
a few dashes of hot sauce
1 tsp sherry vinegar

ground white pepper, for seasoning
2kg mussels, debearded and cleaned
small handful of parsley, finely chopped
garlic bread or fries, to serve

1 Heat the oil in a large, deep saucepan over a medium heat and fry the celery, chilli, onion and lemon zest strips for 8-10 mins until slightly softened, but not coloured. Pour in the non-alcoholic vodka, tomato juice, dashi powder, celery salt, Worcestershire sauce, hot sauce, sherry vinegar and 150ml water. Bring to a gentle simmer and bubble for a few minutes until slightly thickened. Season well with white pepper and a dash more hot sauce and Worcestershire sauce, if you like.

2 Turn the heat up to high and tip in the cleaned mussels. Put a lid on and steam for 3-4 mins, giving the pan a few vigorous shakes to cook evenly. The shells should be open when cooked; discard any unopened mussels. Sprinkle over the parsley and serve with garlic bread or fries for mopping up the sauce.

GOOD TO KNOW low fat • vit c • iron • 1 of 5-a-day
PER SERVING 228 kcs • fat 6g • saturates 1g •
carbs 6g • sugars 5g • fibre 2g • protein 26g • salt 3.2g



Dashi powder is an excellent flavour enhancer, as it's filled with deep umami flavours. If you can't get hold of it, a chicken stock cube will do the trick.



Wild garlic
& mushroom
lasagne

Wild garlic & mushroom lasagne

Make the most of the short wild garlic season with this recipe, in which it's infused into white sauce.

SERVES 4 PREP 20 mins plus standing COOK 1 hr EASY V

1 tbsp olive oil
450g chestnut mushrooms, sliced
2 shallots, finely chopped
2 garlic cloves, crushed
100ml non-alcoholic white wine
2 tbsp tomato purée
45g wild garlic, roughly chopped (see tip, right)
800ml milk
100g unsalted butter
75g plain flour
1 tsp mustard powder
grating of nutmeg
100g extra mature cheddar, grated
25g parmesan or vegetarian alternative, grated
150g mozzarella, grated
175g fresh lasagne sheets
tomato salad, to serve

1 Heat the olive oil over a medium-high heat in a shallow flameproof casserole or ovenproof frying pan (about 25cm wide) and fry the mushrooms for 7-10 mins until browned. Stir in the shallots and garlic and cook for a few more minutes until fragrant. Pour in the non-alcoholic white wine and tomato purée and bubble until reduced and thickened, then season well. Remove from the heat and set aside.

2 Heat the oven to 200C/180C fan/gas 6. Blitz the wild garlic and milk in a blender until the garlic is finely chopped. Transfer to a jug. Heat the butter in a saucepan over a medium heat and, when bubbling, tip in the flour, mustard powder and nutmeg, and stir to a paste. Cook for 3-4 mins until slightly darkened. Splash in the milk mixture gradually, whisking well after each addition. Bring to a simmer, whisking continuously. Once simmering, whisk for about 5 mins, or until smooth and thick. Season to taste. *Will keep covered in the fridge for two days.*

3 Mix the three cheeses together in a bowl. Transfer two-thirds of the mushrooms from the casserole to a bowl, and spread out the remaining mushrooms on the base of the casserole to cover evenly. Pour over a quarter of the white sauce, top with a quarter of the cheese and layer over the pasta sheets – you should be able to fit around four sheets in each layer. Repeat this twice more, then on the final layer of pasta, pour over the last of the sauce and sprinkle with the remaining cheese.
4 Bake in the oven for 25-30 mins until golden and bubbling. Leave to stand for 10 mins before serving. Serve with a salad in a zingy lemon dressing, if you like.

GOOD TO KNOW calcium • folate • 2 of 5-a-day
PER SERVING 817 kcals • fat 51g • saturates 30g •
carbs 51g • sugars 13g • fibre 4g • protein 33g •
salt 1.2g

Lemon clotted cream cake

Rich and delicately lemony, this cake also has lemon curd swirled through to give it a sticky topping.

SERVES 10-12 PREP 20 mins COOK 45 mins EASY V

125g butter, softened, plus extra for the tin
200g golden caster sugar, plus 2 tbsp
100g clotted cream
2 lemons, zested and juiced
2 eggs
200g self-raising flour
½ tsp baking powder
4 tbsp lemon curd
vanilla ice cream, to serve

1 Heat the oven to 180C/160C fan/gas 4. Butter a 20cm round cake tin and line with baking parchment. Put the butter, 200g sugar, the clotted cream and lemon zest in the bowl of a stand mixer and beat for 3-5 mins until lightened in colour and creamy. Alternatively, use a large bowl and wooden spoon. Pour in half the lemon juice and beat for a further 2 mins until well combined. Crack in the eggs, one at a time, beating well after each addition. Finally, stir in the flour and baking powder, making sure it's just combined, with no pockets of flour. Scrape the mixture into the tin – it will be quite thick. Beat the lemon curd in a small bowl to loosen, and drizzle over the batter. Bake for 40-45 mins until a skewer inserted

into the middle comes out clean. Leave to cool in the tin for 15 mins.
2 Meanwhile, pour the remaining lemon juice and 2 tbsp sugar into a bowl. Stir well to combine before generously drizzling this over the cake. Transfer to a wire rack to cool completely, then cut into slices and serve with vanilla ice cream, if you like. *Will keep in an airtight container for up to three days.*

PER SERVING 290 kcals • fat 15g • saturates 9g •
carbs 35g • sugars 22g • fibre 1g • protein 3g •
salt 0.5g



tip
Clotted cream replaces some of the butter in this recipe, giving it a rich creaminess.



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Easter parade

The Easter weekend is a time to celebrate and whether you're hosting the big Sunday dinner, putting on a special brunch, or planning to bake a showstopper, our recipes will make it an event

recipes BBC GOOD FOOD TEAM

photographs JONATHAN GREGSON

Breakfast tacos

Elevate your usual brunch with these Tex-Mex-style tacos. They're filled with soft scrambled eggs, oozing cheese, crispy potatoes and bacon. We've borrowed the method of coating the rashers in flour from Joe's Bakery in Austin, Texas – it helps the bacon crisp up as the fat renders down.

SERVES 4 **PREP 15 mins**

plus overnight chilling

COOK 45 mins **EASY** 

8 rashers streaky bacon

2 tbsp plain flour

1 Maris Piper potato, cut into

1cm-thick slices

2 tbsp vegetable oil

4 eggs

50ml milk

8 small soft flour tortillas

100g monterey jack cheese

or cheddar, grated

1 avocado, stoned, halved and

sliced, to serve (optional)

100g mixed cherry tomatoes,

sliced, to serve (optional)

1 The day before you want to serve, arrange the bacon rashers in a single layer on a large plate or tray. Sprinkle over half the flour, then turn the bacon and scatter over the rest of the flour to fully coat. Cover and keep chilled overnight.

2 On the day of serving, heat the oven to 220C/200C fan/gas 7. Cook the potato slices in a pan of boiling water over a medium heat for 5-8 mins until almost cooked, but still retaining their shape. Arrange the potato slices over a baking tray in a single layer and drizzle over half the oil, then gently toss to coat. Roast in the oven for 25 mins, turning the slices halfway through, until golden and crisp at the edges.

3 When the potatoes are almost ready, heat the remaining oil in a large frying pan over a high heat for 1 min until hot. Carefully add the

bacon (the oil may spit) and fry for 2-3 mins on both sides until crisp. Transfer the bacon rashers to the tray in the oven with the potatoes using tongs, then turn off the oven. The potatoes and bacon will keep warm in the residual heat.

4 Whisk the eggs and milk together with a pinch of salt and some black pepper. Scramble the egg mixture in the residual oil from the bacon over a low-medium heat for 2 mins, or until cooked to your liking.

5 Meanwhile, warm the tortillas in a dry frying pan over a medium heat for a few seconds on each side. Remove from the heat and sprinkle the grated cheese evenly over one side of the tortillas. Set aside.

6 Add the bacon, potatoes and eggs to the tortillas. Serve two per person with the avocado and tomatoes on the side, if you like, then fold and wrap all the fillings inside.

GOOD TO KNOW calcium

PER SERVING 637 kcs • fat 31g • saturates 12g •
carbs 57g • sugars 3g • fibre 4g • protein 31g •
salt 3.5g

gf tip

You can increase or decrease the quantities depending on how many people you're serving. To get ahead, the potatoes can be boiled a day in advance and baked when needed.







Lamb with olive & herb stuffing

While nobody needs an excuse to invite friends and family round for lunch, Easter is a great reason to make a fuss



Roasted carrots with basil pesto

Roasted new potatoes with lemon & herbs



Roasted radishes



Lamb with olive & herb stuffing

While nobody needs an excuse to get friends and family round for lunch, Easter is a great reason to make a fuss. A crown of lamb is a special centrepiece – your butcher should be able to prepare this, or use our tips below.

SERVES 6-8 PREP 15 mins

COOK 50 mins EASY

1 lamb crown made from two French-trimmed racks of lamb (ask your butcher to do this, or see tip below)

For the stuffing

1-2 tbsp olive oil

1 echalion shallot, finely chopped

50g can anchovies in oil

2 garlic cloves, crushed or grated

50g pitted olives, roughly chopped

1 heaped tbsp capers, drained

1 lemon, zested and juiced

50g fresh breadcrumbs

2 rosemary sprigs, needles picked and chopped

½ small bunch of parsley, finely chopped

75g dried apricots, roughly chopped

30g pistachios, chopped

1 To make the stuffing, heat 1 tbsp oil in a small frying pan over a medium heat and cook the shallot for 5 mins until soft. Tip the oil from the anchovies into the pan. Roughly chop the anchovies and add these along with the garlic. Cook for a few minutes until the garlic has softened and the anchovies have started to break down. Remove from the heat and leave to cool for a few minutes.

2 Combine the olives, capers, lemon zest and juice, the breadcrumbs, herbs, apricots and pistachios in a bowl, then tip in the shallot mixture and stir to combine. Season. Bring together with your hands – if it's too dry, add the rest of the oil. It will be slightly loose, but should stick together when squeezed.

3 Heat the oven to 200C/180C fan/gas 6. Season the lamb all over and cover the exposed bones with foil to prevent them burning. Pack the centre of the crown with the stuffing, then cover with a disc of foil. If you can't fit all the stuffing into the crown, spoon the rest into an ovenproof dish and bake alongside the lamb. Roast for 40 mins for rare, or until the internal temperature reaches 55C on a meat thermometer. (Or, roast for 50 mins for medium or 55 mins for well done.)

PER SERVING (8) 430 kcal • fat 33g • saturates 14g • carbs 8g • sugars 5g • fibre 2g • protein 23g • salt 1g

MAKE YOUR OWN LAMB CROWN

- Place the racks of lamb on a board with the bone tips facing up (the curved side of the bone should also be facing up).
- Cut an incision approximately 2cm deep between each rib, then score a 1cm-deep line all the way across the ribs lengthways, just beneath the bones (this is to help you tie the racks together).
- Cover a can or small jar with a food bag or similar and place this on a baking tray. Wrap the lamb racks around the can, with the scored side facing out, then tie the racks together by placing a piece of kitchen string into the scored line you cut earlier. Wrap the string around twice, tie it together to secure, then remove the can from the centre – the lamb racks should hold together in a crown shape. If you need to hold them together more firmly, you can wrap another piece of string just below the bone (about 1-2cm above the scored line).



Side dishes

Roasted new potatoes with lemon & herbs

Try this no-fuss side as an alternative to traditional roasties. They don't require much effort – simply pan-fry, shaking a few times, then roast.

SERVES 6 **PREP 5 mins**
COOK 35 mins **EASY** **V**

25g butter
1 tbsp vegetable oil
750g new potatoes
1 lemon, zested
1 tbsp thyme leaves
small handful of oregano
sprigs, leaves picked and
roughly chopped

1 Heat the butter and oil in a heavy-based ovenproof saucepan over a medium heat, then add the whole new potatoes. Cover and cook for 15 mins, shaking the pan

every few minutes to ensure the potatoes cook evenly. When ready, the potatoes should have just started to soften and will be well-browned.

2 Heat the oven to 200C/180C fan/gas 6. Scatter the lemon zest and herbs over the potatoes, season, cover again and shake to combine. Transfer to the oven and bake for 15-20 mins until cooked through and tender.

GOOD TO KNOW gluten free

PER SERVING 140 kcals • fat 5g • saturates 2g • carbs 19g • sugars 2g • fibre 3g • protein 2g • salt 0.1g

Roasted carrots with basil pesto

Cut the carrots lengthways to add interest and different textures to your plate. Adding pesto is an easy way to elevate the flavour of this root veg.

SERVES 6 **PREP 5 mins**
COOK 30 mins **EASY** **V**

600g carrots, quartered lengthways
1 tbsp olive oil
2 tbsp basil pesto (check the label if vegetarian)

1 Heat the oven to 200C/180C fan/gas 6. Tip the carrots onto a baking tray and drizzle with the oil. Season well, then toss to coat in the oil.

2 Roast for 20 mins, then spoon over the pesto and stir gently to coat. Roast for 10 mins more until the carrots are tender, then serve.

GOOD TO KNOW 1 of 5-a-day • gluten free

PER SERVING 80 kcals • fat 4g • saturates 1g • carbs 8g • sugars 7g • fibre 4g • protein 1g • salt 0.2g

Roasted radishes

Add a pop of colour to your roast with these jewel-like radishes.

SERVES 6 **PREP 5 mins**
COOK 35 mins **EASY** **V**

400g radishes (see tip, below)
6 garlic cloves, unpeeled and bashed
1 tbsp rapeseed oil

1 Heat the oven to 200C/180C fan/gas 6. Tip the radishes and bashed garlic cloves into a roasting tin, season well and drizzle with the oil. Toss to coat the radishes and garlic.

2 Roast for 30-40 mins, or until the radishes are tender. Squeeze the garlic from its skins, then stir gently and serve.

GOOD TO KNOW vegan • healthy • gluten free

PER SERVING 30 kcals • fat 2g • saturates 0.2g • carbs 2g • sugars 1g • fibre 1g • protein 1g • salt 0.02g



tip

Use a mixture of radishes in different colours, if you can. This adds a touch of pretty spring colour to your plate.



Smoky prawn, fish & chickpea one-pot

Between celebratory meals, this one-pan dish is easy to make but still feels special thanks to the addition of whole juicy prawns. For a budget-friendly version, you can replace them with smaller peeled prawns. Serve in bowls with lots of crusty bread.

SERVES 4 **PREP** 20 mins

COOK 40-50 mins **EASY**

3 tbsp olive oil
1 large onion, finely chopped
3 garlic cloves, thinly sliced
2 tsp smoked paprika
150g chorizo, sliced
125ml non-alcoholic white wine
pinch of saffron
400g can peeled plum tomatoes
2 bay leaves
pinch of caster sugar
400g can chickpeas, drained
4 x 120g chunky white fish fillets
(such as coley, cod or haddock),
skin and pin bones removed
8 large prawns, shells and heads on
handful of flat-leaf parsley, chopped
crusty bread, to serve

1 Heat the oil in a large saucepan or flameproof casserole over a medium heat, then reduce the heat to low and cook the onion for 10-15 mins until soft. Stir in the garlic, paprika and chorizo, and sizzle for a few minutes more until fragrant and the chorizo has released its oil.

2 Add the non-alcoholic wine and saffron, turn up the heat to medium and bubble until most of the liquid has reduced, about 5 mins. Pour in the tomatoes and the juice from the can, crushing the tomatoes a little with the back of a spoon, then half-fill the can with water and pour this in, too. Add the bay leaves, some seasoning and the sugar, then partially cover with a lid and bring to a simmer. Cook for 10-15 mins

until the tomatoes have broken down and the sauce has reduced a little.

3 Tip in the chickpeas and return to a simmer, then gently place the fish fillets on top of the stew. Cover and cook for 3 mins until the fish is just opaque. Scatter the prawns around the fish fillets, then cover again and cook over a medium-low heat for another 5 mins, turning the prawns after 3 mins, until pink and cooked through. Scatter with the parsley, then serve in bowls with crusty bread for mopping up the stew.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING 476 kcal • fat 23g • saturates 6g •
carbs 20g • sugars 9g • fibre 7g • protein 39g •
salt 1.9g

GOOD TO KNOW

● SUSTAINABLE FISH

Sustainability ratings for fish are based on where and how the fish are caught or farmed, and the vulnerability of that species at a given time. The UAE-based Emirates Wildlife Society works in association with World Wildlife Fund to protect biodiversity including species and ecosystems of concern in key areas, raise awareness about UAE's ecological footprint, and contribute to policy and institutional framework to address environmental issues. For more information, visit emiratesnaturewfae.com.

● PREPARING WHITE FISH

White fish fillets are usually sold pin-boned, but it's worth checking for stray bones. Do this by running your finger over the flesh – the bones run in a line along a seam in the fillet, so if you feel any sticking out, remove them with tweezers or a firm pinch.

● PREPARING PRAWNS

We've used whole, unshelled prawns in this recipe, as most of the flavour is found in the shell and head. If you prefer to use shelled prawns, they're simple to prepare yourself. First, twist the head off the body, then peel away the shell and legs in segments until you get to the tail. Pinch the tail and gently pull the body out, then use the tip of a sharp knife to make an incision in the back or belly to expose the vein. Pull this out and discard it.



Simnel cinnamon rolls

Roll all your favourite Easter treats into one delicious spiced sticky bun. We've proved these in the fridge overnight rather than an hour at room temperature, because the longer the prove, the better the flavour. Then the next day, you can enjoy the aroma – and taste – of freshly baked cinnamon rolls for breakfast or brunch.

MAKES 12 **PREP** 50 mins plus chilling and at least 2 hrs proving
COOK 35 mins **MORE EFFORT** **V**

3 eggs, beaten
125ml milk
7g sachet fast-action dried yeast
500g strong white bread flour, plus extra for dusting
½ tsp mixed spice
40g light muscovado sugar
100g unsalted butter, at room temperature, plus extra for the tin
100g raisins
For the filling and topping
125g butter, softened
125g light muscovado sugar, sifted
1 tbsp ground cinnamon
500g marzipan (see tip below)
2 tbsp golden syrup

1 Tip the eggs, milk, yeast, flour, mixed spice, sugar and 1 tsp salt into the bowl of a stand mixer fitted with the paddle attachment. Beat until the mixture comes together into a smooth dough, then beat for 2 mins more. Gradually add the butter, 1-2 tsp at a time, while mixing on medium speed. When all the butter has been incorporated, tip in the raisins and mix for 1 min. If you don't have a stand mixer, stir everything together in a bowl, slowly kneading in the butter using your hands, followed by the raisins. Tip the dough out onto a lightly floured surface and flatten into a square roughly 20 x 20cm. Cover and chill for 30 mins or up to 2 hrs.

2 Meanwhile, for the filling, beat the butter, sugar and cinnamon with a pinch of salt using an electric whisk. Set aside at room temperature. Butter a roughly 30 x 20cm baking tin and line with baking parchment. Roll the chilled dough out on a lightly floured surface to a roughly 40 x 30cm rectangle. Spread the cinnamon butter over the surface until completely covered. Roll out 400g of the marzipan on a lightly

floured surface into a rectangle the same size as the dough, then lay this over the cinnamon butter layer.

With a long edge facing you, roll the dough into a tight log. Cut in half to make two logs, then lift both onto a tray and freeze for 15 mins, or chill for 30 mins-1 hr mins to firm up.

3 Cut the chilled logs into 12 equal slices, then arrange these, spiral side-up, in the prepared tin. Leave to prove for 1 hr in a warm place, or for up to 24 hrs in the fridge until they're about a third larger in size and are touching at the sides.

4 Heat the oven to 200C/180C fan/gas 6. Bake the rolls for 20 mins. Meanwhile, roll the rest of the marzipan into 11 balls. After 20 mins, place the marzipan balls on 11 of the rolls, leaving one plain (this traditionally represents the apostles and Judas on a simnel cake). Bake for 10-15 mins more until the rolls are golden brown and the marzipan balls are toasted.

5 Mix the golden syrup with 2 tsp boiling water. Immediately brush the hot rolls (but not the marzipan balls) with the syrup glaze. Leave to cool slightly before eating warm or at room temperature. *Will keep in an airtight container for two days.*

PER SERVING 574 kcal • fat 23g • saturates 11g • carbs 81g • sugars 49g • fibre 3g • protein 10g • salt 0.7g

HOMEMADE MARZIPAN

Using shop-bought marzipan makes this recipe simpler, but making it yourself isn't hard if you have time.

Combine **175g caster sugar** with **175g icing sugar** and **250g ground almonds** in a large bowl. Make a well in the middle, then tip in **1 beaten egg** plus **1 egg yolk**, **½ tsp vanilla extract** and **1 tbsp lemon juice** or water. Mix the wet ingredients into the dry using a cutlery knife. Tip onto a surface dusted with icing sugar, then knead briefly into a smooth dough. Don't overdo it, as it can become greasy. Add a bit more icing sugar if it seems too wet. Shape into a square, then wrap and keep in the fridge for two to three days until needed.





Chocolate & vanilla celebration cake

Round off the Easter weekend with this stunning showstopper cake. The sponges taste even better after a day or two, so it's a great get-ahead recipe – simply wrap them well and store in an airtight container for up to three days before decorating.

SERVES 15 **PREP** 35 mins plus cooling **COOK** 30 mins
MORE EFFORT 🌸 sponges only

225ml vegetable oil, plus extra for the tins

300g plain flour

100g cocoa powder

2 tsp baking powder

1½ tsp bicarbonate of soda

400g light brown soft sugar

300ml milk

2 tsp white wine vinegar

100ml strong coffee or espresso, cooled

2 tsp vanilla extract or paste

3 medium eggs

For the vanilla buttercream

400g butter, at room temperature

800g icing sugar

2 tsp vanilla extract or paste

4-5 tbsp milk

pink, purple and yellow food colouring pastes

To decorate

edible flowers, pastel sugared almonds or chocolate eggs

1 Heat the oven to 180C/160C fan/gas 4. Oil three 20cm cake tins and line with baking parchment. Weigh out the flour, cocoa powder, baking powder, bicarb and sugar into a large bowl, add a pinch of salt and whisk gently to combine. Shake the bowl to bring any lumps of sugar to the surface and squeeze these with your fingertips.

2 Measure the oil, milk, vinegar, coffee and vanilla into a jug, then add the eggs and whisk to combine. Pour the wet ingredients into the dry and stir with a whisk until smooth, making sure there are no pockets of flour at the bottom of the bowl – the mixture will be quite runny. Divide the batter evenly between the prepared tins, then bake on the middle shelf of the oven (or middle and top if they don't all fit on one shelf) for 25 mins. Swap the tins around and bake 5 mins more.

3 Check the cakes are cooked by inserting a skewer into the centre of each – if any wet batter clings to the skewer, return the tins to the oven for another 5 mins, then check again. Leave to cool in the tins for 30 mins, then turn the sponges out onto wire racks to cool completely. *If making ahead, wrap the cooled sponges well and store in an airtight container for up to three days, or the freezer for up to two months.*

4 For the buttercream, beat the butter using an electric whisk or in a stand mixer for a few minutes until smooth and creamy. Add half the icing sugar and beat again to combine. Add the remaining icing

sugar, the vanilla and 4 tbsp milk and beat again to combine, adding a splash more milk if needed to make a smooth, fluffy buttercream. Divide between three bowls. Add a few drops of different food colouring paste to each bowl, then mix well – we used pastel pink, purple and yellow.

5 Spoon the coloured buttercream mixtures into three separate piping bags and snip off the tips. Pipe a dot of buttercream onto a cake stand or board and place a sponge on top to help keep it in place. Pipe small blobs of purple buttercream all over the top of the sponge by holding the piping bag directly above the cake, about ½ cm from the surface, and squeezing the bag while pulling upwards to create a small peak.

6 Place the second sponge on top, then repeat the process with the pink buttercream. Add the third sponge on top, then neatly pipe blobs of yellow buttercream over the surface. Decorate with edible flowers, sugared almonds or mini chocolate eggs, if you like. *Will keep in a tin at room temperature for up to five days.*

PER SERVING 778 kcal • fat 40g • saturates 16g • carbs 97g • sugars 80g • fibre 2g • protein 6g • salt 1g

TWIST IT

Use this classic chocolate cake recipe as a base, then customise it with these flavour combinations.

● CHOCOLATE & ROSE

Add a few drops of rose extract to the buttercream and top the cake with chunks of Turkish delight and sugared edible rose petals.

● CHOCOLATE & ALMOND

Swap 100g of the plain flour with 100g ground almonds, add a few drops of almond extract to the buttercream. Decorate with sugared almonds.

● CHOCOLATE & CARDAMOM

Add the ground seeds from 10 cardamom pods to the batter.





Chocolate hot cross bun bread & butter pudding

Slather leftover hot cross buns with chocolate spread and drench in homemade chocolate custard to transform them into a delicious twist on bread and butter pudding. This is an easy dessert for entertaining a crowd and it's sure to be a winner. Serve warm with vanilla ice cream.

SERVES 10-12 **PREP** 15 mins plus 1 hr
soaking **COOK** 50 mins **EASY** **V**

300ml double cream
300ml whole milk
200g dark chocolate,
roughly chopped
1 tbsp cocoa powder
4 tbsp caster sugar
1 tsp vanilla extract
6 hot cross buns
6 tsp chocolate spread
3 eggs
vanilla ice cream, to serve (optional)

1 Put the cream, milk, 100g of the dark chocolate, the cocoa powder, sugar, vanilla and a pinch of salt in a saucepan over a low-medium heat and whisk until the mixture is smooth and fully combined. Pour into a large bowl to cool slightly.

2 Meanwhile, split the hot cross buns and spoon 1 tsp chocolate spread over the base of each, then sandwich with the bun tops. Arrange the buns in a 5cm-deep, 30 x 20cm baking dish in a single layer, then sprinkle over the rest of the chopped dark chocolate.

3 When the chocolate cream mixture has cooled to room temperature, whisk in the eggs. Slowly pour this custard over the hot cross buns, then cover and chill for 1 hr until some of the custard has been absorbed by the buns.

4 Heat the oven to 180C/160C fan/gas 4. Bake for 40-45 mins until the top is golden and the custard is gently set. Leave to stand for 5 mins, then serve with ice cream, if you like.

PER SERVING (12) 377 kcal • fat 25g • saturates 14g •
carbs 31g • sugars 21g • fibre 2g • protein 6g • salt 0.2g

TWIST IT

CHOCOLATE-ORANGE

Change it up by filling the buns with **orange curd** instead of chocolate spread and adding **orange zest** to the custard.



NEXT LEVEL

Cheese soufflé

We've updated this rich dinner party classic by boosting its flavour with cheese, herbs and cayenne

recipe BARNEY DESMAZERY photograph MIKE ENGLISH

SERVES 4 PREP 15 mins COOK 40 mins MORE EFFORT

WHY

Proudly producing a puffed-up soufflé is a sign of a confident cook, but too often the rise is enough wow factor without much thought being put into the finished flavour. Here, we're guaranteeing a soufflé that towers over the rim, but also hits more than one note on the taste front. There is no easy way to make a proper soufflé, so if you're going to the effort, you might as well take it to the next level and pack it with cheese.

WHAT TO BUY

400ml whole milk
¼ onion
small bunch of thyme
75g unsalted butter
30g parmesan, grated
50g plain flour
1 tsp mustard powder
large pinch of cayenne
1 tsp yeast extract (optional)
100g extra mature cheddar, grated
4 eggs, plus 1 egg white
50g goat's cheese, crumbled into small chunks
watercress salad, to serve

TAKE IT HIGHER

We've upped our oven temperature to give the top a deep brown colour and toasted flavour.

NO DISH? NO PROBLEM!

We've used a soufflé dish, but if you don't own one, you can bake the mixture in a medium gratin dish. Butter the dish and dust with parmesan as stated, then bake for 15-20 mins. It might not puff up as much, but will taste just as good.

LITTLE OR LARGE

We've made this a large showstopper for a main course, but the mix will also make six individual starters in smaller ramekins, which will only need 10-12 mins in the oven.

CHEESE & ONION

We've infused the milk with onion and herbs to give it more depth and cut through the cheesy flavour.

BRILLIANT WHITE

To make our soufflé tall, we're adding an extra egg white to help puff it up more. You can keep the extra yolk to glaze pastry. Otherwise, stick to four whites, but it won't be as large as the soufflé pictured.

PARMESAN CRUST

We've used parmesan rather than breadcrumbs to line the dish, which gives the soufflé a cheesy crust.

BROWN BUTTER

To give the sauce a nuttier taste, we've browned the base butter before adding the flour, but if you prefer, you can simply melt the butter.

A SECRET INGREDIENT

The yeast extract is optional, but it will season the soufflé with more salty, umami flavour.

TRIPLE CHEESE

We've chosen these cheeses for their different characteristics: parmesan to provide a crust, cheddar for its richness and melting qualities, and goat's cheese to bring pockets of mild sourness.

HOW TO MAKE IT

1 Tip the milk into a large saucepan with the onion, thyme and a few cracked black peppercorns. Bring to the boil, then turn off the heat, leave to cool and strain into a jug. Melt the butter in a large saucepan. Brush about a third of this all over the inside of a 16cm soufflé dish, then sprinkle over the parmesan to completely coat the dish.

2 Continue to cook the remaining melted butter over a medium heat until it turns nutty brown. Use a wooden spoon to stir in the flour, mustard powder and cayenne. Cook, stirring, for 1 min until you have a sandy paste, then gradually pour in the milk, mixing it thoroughly before adding more. Once all the milk has been added, cook over a low heat, stirring continuously for 10 mins until thick. Add the yeast extract, if using, and the cheddar, and stir until melted. Season well. Tip into a bowl and set aside to cool.

3 Heat the oven to 210C/190C fan/gas 7 with a baking sheet inside. Separate the egg whites and yolks, putting the whites into a clean bowl and stirring four of the yolks into the sauce. (You can use the remaining egg yolk in another recipe.) Stir the goat's cheese into the cooled sauce.

4 Use an electric or large balloon whisk to beat the egg whites until they just hold their shape. Use a large metal spoon to stir a spoonful of the beaten egg whites into the sauce, then gently fold in the rest, trying to keep as much volume in as you can.

5 Spoon the mixture into the prepared dish. Run a cutlery knife around the edge to create a 'top hat' effect – this ensures the soufflé will rise above the rim without sticking. Put the dish on the hot baking tray in the oven and bake for 25-30 mins until risen with a slight wobble, and the top is deep golden. Serve immediately with a watercress salad, if you like.

GOOD TO KNOW calcium

PER SERVING 501 kcal • fat 38g • saturates 22g • carbs 15g • sugars 4g • fibre 1g • protein 24g • salt 1.5g



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Cheesy
broccoli-
stuffed
potatoes



Supertato by Sue Hendra and Paul Linnet is published by Simon & Schuster UK. Follow the adventures of Supertato with CBeebies on BBC iPlayer.

Supertato

Cheesy broccoli-stuffed potatoes (inspired by Supertato)

SERVES 2 **PREP** 15 mins

COOK 1 hr 20 mins **EASY** **V** *

4 baking potatoes

1 tbsp sunflower oil

1 small broccoli (about 300g), broken into small florets (or use frozen sweetcorn or peas)

50g unsalted butter

150g cheddar, grated

1 Heat the oven to 220C/200C fan/gas 7. Prick the potatoes all over with a fork, rub over the oil and season with salt. Put the potatoes directly on the oven rack and bake for 1 hr until the skin is crisp and golden, and the potatoes are cooked. Leave until cool enough to handle, about 15 mins. Meanwhile, cook the broccoli in a pan of boiling water for 3-4 mins until just tender. Drain.

2 Cut the baked potatoes in half lengthways and scoop the flesh into a bowl, leaving a border. Put the skins on a baking tray. Mash the potato flesh, then stir in the butter, two-thirds of the cheese, and the broccoli. Season. Spoon the filling into the potato skins. Top with the rest of the cheese and bake for 15-20 mins until golden.

GOOD TO KNOW calcium • folate • fibre • vit c • 1 of 5-a-day • gluten free

PER SERVING 809 kcs • fat 53g • saturates 30g • carbs 48g • sugars 5g • fibre 10g • protein 29g • salt 1.9g

gf tips

• COOK IN AN AIR FRYER

Prick the potatoes all over, rub over the oil, season and arrange in the air-fryer basket in a single layer. Set the air fryer to 200C and cook for 40-50 mins, or until the tip of a sharp knife can easily be inserted into the potatoes. Check after 20 mins and turn the potatoes over if they seem to be browning too quickly on one side.

• COOK IN A MICROWAVE

After pricking the potatoes all over, arrange them in a single layer on the microwave plate or a heatproof dish, and microwave on high for 15-20 mins until tender.

• THE PERFECT PORTION

We've served two potato halves per person, but that might be too much for younger kids and toddlers, so you can adapt according to how many potatoes you need. You can always make the full recipe and freeze any unbaked, stuffed potato halves for another time.

Deck-of-card dodgers (inspired by *Alice in Wonderland*)

MAKES 8 **PREP** 15 mins plus chilling and cooling **COOK** 12 mins **EASY** **V**

350g plain flour, plus extra for dusting
150g cold unsalted butter, cut into small cubes
90g icing sugar, sieved
2 egg yolks (freeze the whites to use in another recipe)
75g seedless blackcurrant jam
75g seedless raspberry or strawberry jam

- 1 Tip the flour and butter into a food processor and pulse until the mixture resembles fine breadcrumbs. Add the sugar and blitz again to combine. Add the egg yolks and 1 tsp cold water, and blitz to form a dough. If it's too dry, add $\frac{1}{2}$ tsp water. Tip the dough onto a clean surface, shape into a disc, then wrap and chill for 20 mins. *Will keep chilled for a day.*
- 2 Roll the chilled dough out on a lightly floured surface to a large square about $\frac{1}{2}$ cm thick. Stamp out 16-20 rectangles using a 6 x 9cm cookie cutter, or cut out using a sharp knife. Stamp or cut out the card deck shapes from the middles of half the rectangles using club, diamond, spade and heart cutters, or a knife. Transfer to two baking trays lined with baking parchment, then chill for 20 mins.
- 3 Heat the oven to 200C/180C fan/gas 6. Put the blackcurrant jam in one bowl and the raspberry or strawberry in another. Stir both to loosen. Bake the biscuits for 10-12 mins until lightly golden, turning halfway through if needed. Cool completely on the trays.
- 4 Sandwich the plain biscuits with a card-deck biscuit using the jam – sandwich with blackcurrant for clubs and spades, and raspberry or strawberry for hearts and diamonds. The baked cut-out shapes can be enjoyed as a snack or served alongside the sandwich biscuits. *Will keep in an airtight container for up to three days.*

PER SERVING 549 kcal • fat 23g • saturates 14g • carbs 77g • sugars 32g • fibre 3g • protein 7g • salt 0.1g

Alice in Wonderland





The
Worst
Witch

Pea & mint soup with
wand dippers

Peter
Rabbit

Garden carrot
cake



Pea & mint soup with wand dippers (inspired by *The Worst Witch*)

SERVES 6-8 **PREP** 20 mins
COOK 25 mins **EASY** **V**

2 tsp vegetable oil
1 onion, roughly chopped
1 large potato, chopped
1 garlic clove, finely grated or crushed
1 litre vegetable stock
350g pack ready-rolled puff pastry
75g cheddar, finely grated
750g frozen peas
handful of mint leaves, plus extra shredded leaves to garnish

1 Heat the oven to 200C/180C fan/gas 6. Heat the oil in a large saucepan over a medium heat and fry the onion for 6-8 mins until softened. Add the potato and garlic, and cook for a couple of minutes more before pouring in the stock and simmering for 12-15 mins until the potato is just tender.

2 Meanwhile, unravel the pastry and cut out wand shapes by cutting

slightly diagonal lines, so one end of the strip is thicker than the other. Transfer the pastry wands to a baking tray on their baking parchment, then scatter over the cheese and season with black pepper, if you like. Bake for 10-12 mins until golden.

3 Once the potato is just tender, tip the peas and mint into the soup mixture, and cook for 5-8 mins until the peas are defrosted and tender. Remove from the heat and blitz using a hand blender. Ladle the soup into bowls, scatter over the shredded mint leaves, then serve with the pastry wands for dunking.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day
PER SERVING (8) 331 kcal • fat 16g • saturates 8g • carbs 31g • sugars 8g • fibre 8g • protein 11g • salt 0.9g



The Worst Witch novels by Jill Murphy are published by Puffin, and the TV series of the same name is available to watch on BBC iPlayer.

Garden carrot cake (inspired by *Peter Rabbit*)

SERVES 10-12 **PREP** 1 hr plus cooling **COOK** 55 mins **EASY** **V**

150ml vegetable oil, plus extra for the tin

180g self-raising flour

1 tsp ground cinnamon

½ tsp mixed spice

grating of nutmeg

1 tsp bicarbonate of soda

2 eggs

1 orange, zested

150g light brown soft sugar

100g pecans, roughly chopped

150g carrots, coarsely grated

1 tbsp milk (optional)

For the decoration

100g unsalted butter, softened

150g soft cheese

175g icing sugar, sifted

green food colouring gel

edible carrot and flower decorations

1 Heat the oven to 180C/160C fan/gas 4. Oil a 900lb loaf tin and line with baking parchment. Whisk the flour, spices and bicarbonate of soda together in a bowl to combine.

2 Beat the eggs, orange zest and brown sugar together in a stand mixer or using an electric whisk until fluffy, pale and doubled in volume. With the motor running, slowly drizzle in the vegetable oil (the mixture will deflate a bit) and whisk until combined.

3 Sift over the dry ingredients and fold in with the pecans and carrots, adding the milk if the batter needs to be loosened slightly. Scrape the batter into the loaf tin and bake for 50-55 mins until a skewer inserted into the middle comes out clean. Leave to cool in the tin for 15 mins, then remove to a wire rack and leave to cool completely.

4 For the icing, beat the butter using an electric whisk until pale and creamy. Beat in the soft cheese to combine. Add the icing sugar, 1 tbsp at a time until smooth, then mix in several drops of the green food colouring gel. Spoon into a piping bag fitted with a multi-opening plain nozzle and pipe the icing over the top to make grass. Decorate with carrot and flower decorations. *Will keep chilled for two to three days.*

PER SERVING (12) 446 kcal • fat 29g • saturates 8g • carbs 40g • sugars 28g • fibre 2g • protein 4g • salt 0.7g



Peter Rabbit by Beatrix Potter is published by Frederick Warne & Co, and has been adapted for TV by CBeebies.

Charlie
& Lola



Pink milk (inspired by *Charlie & Lola*)

SERVES 2 **PREP 5 mins**
NO COOK EASY V

200g fresh or frozen strawberries
(stalks removed if using fresh)
2 large scoops strawberry or vanilla
ice cream, or a vegan alternative
500ml milk or plant milk
2 tsp malted milk powder
whipped cream and sprinkles,
to serve (optional)

1 If using fresh strawberries, set aside one for garnishing later. Tip the remaining strawberries into a blender with the ice cream, milk and malted milk powder, then blend until smooth.

2 Divide between two milkshake glasses and top with whipped cream and sprinkles, if you like. If you have reserved a fresh strawberry, cut it in half and use to garnish.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 312 kcs • fat 13g • saturates 9g •
carbs 36g • sugars 33g • fibre 4g • protein 11g •
salt 0.4g



The *Charlie & Lola* novels by Lauren Child are published by Orchard Books, and the TV series is available to watch on CBeebies or BBC iPlayer.



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SKILLS FOR LIFE

KIDS' KITCHEN

In the final part of this six-part series, we help you teach your children all they need to know about roasting
recipes CASSIE BEST *photographs* WILL HEAP

HOW TO USE OUR GUIDE

This collection of recipes is designed for children aged 7-11 to cook with a little help from an adult. Younger children will need extra support. Older children and teenagers can still enjoy making these recipes and may want to adapt or further develop them, swapping in their favourite ingredients, or adding extra spices and seasonings to make them their own. The recipes in

this series are written in step-by-step format, with clear lists of ingredients and equipment, in order to make them easier for children to follow. There are three recipes to support each new skill: one basic recipe, one that's more of a challenge, and one for more advanced little cooks. It's a good idea to practice the cooking skill with your child before attempting the recipes.

Part 6



So far in this series, we've covered chopping, weighing and measuring, boiling, pan-frying and baking. This month, we're looking at roasting, which involves using the oven. You'll also need a few other essential pieces of kit.

Kitchen kit



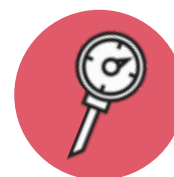
OVEN GLOVES

These are vital for protecting your hands when you're lifting hot tins in and out of the oven. Look for thick gloves that cover your hands and, ideally, part of your wrists and arms.



BAKING TRAYS AND TINS

Baking trays are flat with a small lip around the edge. Roasting tins are deeper and will protect the sides of the food from burning. Look for a sturdy tray that's not too heavy to lift.



FOOD THERMOMETER

This allows you to test the internal temperature of food. This is important when roasting a large piece of meat, as you can't always tell if it's cooked by just looking.

Steps to success



● To roast, you can use a fan (usually indicated by a picture of a fan on the oven controls) or convection setting (usually indicated by a picture of two horizontal lines) and an electric or gas oven. Our recipes give the correct temperatures for all these settings and oven types.

● When roasting, heat the oven at the beginning of the

recipe to give it time to heat up to the correct temperature.

● Most foods should be roasted on an oven rack in the centre of the oven, unless the recipe states otherwise. Check the rack is positioned correctly with enough space above to fit the tin before you turn the oven on.

Whats ras el hanout?

Ras el hanout is a blend of spices often used in North African cuisines. The name in Arabic means 'head of the shop', which comes from spice merchants blending their best spices together to create this punchy mix. Try a little pinch of the spice blend before adding it to the shakshuka (below) as some contain chilli, so you may find it quite spicy. If you don't have ras el hanout at home, substitute it with a pinch each of ground cumin, ground coriander, ground cinnamon, ground pepper and ground ginger.

BASIC SKILL

Roasted pepper shakshuka



SERVES 4 **PREP** 20 mins
COOK 40 mins **EASY** **V**

2 peppers
1 tbsp olive oil
3 garlic cloves
2 x 400g cans chopped tomatoes
1-2 tsp ras el hanout (see above)
4-8 eggs
4 flatbreads
small bunch of coriander
You'll also need
roasting tin (around 25 x 35cm)
chopping board
sharp knife
measuring spoons
wooden spoon
oven gloves
garlic crusher
can opener
small bowl
scissors
serving spoon

GOOD TO KNOW
healthy • vit c • fibre •
low fat • 2 of 5-a-day
PER SERVING
354 kcals • fat 9g •
saturates 2g •
carbs 47g •
sugars 11g • fibre 6g •
protein 18g • salt 0.3g

>>>
Use the
method
opposite

Roasted pepper ideas

Peppers are a fantastic veg to roast, and can be used in lots of ways. Try a few of these ideas:

- Stuff roasted peppers into a **wrap** with **hummus** for a tasty lunch.
- Mix roasted peppers through some **couscous** or **pasta** with a spoonful of **pesto**.
- Use a blender to whizz roasted peppers, **toasted almonds**, **garlic** and **olive oil** to a purée, and serve with fish or roast lamb.

1



Step 1

Heat the oven to 220C/ 200C fan/gas 6. Get a chopping board and a knife. Hold one pepper with both hands, press your thumbs into the stalk until it drops inside the pepper. Rip the pepper in half. Pull out the stalk, seeds and white bits.

Lay it on the chopping board and cut it into strips. Repeat with the other pepper.

Step 2

Tip the peppers into the roasting tin. Fill a tablespoon measure with olive oil and drizzle this over the peppers. Season with a pinch of salt and some black pepper, then toss them together using a wooden spoon. Wearing oven gloves, put the tin in the oven on the middle shelf. Set a timer for 10 mins.

2



3

Step 3

When the timer beeps, carefully remove the tin from the oven using oven gloves. Peel the papery skin off the garlic and put a clove of garlic in the garlic crusher. Squeeze it over the peppers, then do the same with the other 2 garlic cloves.

Step 4

Use a can opener to open the tomatoes and add these to the roasting tin. Each can opener is a little different and can be tricky to use at first, so ask an adult to show you how if you need help.



4

Step 5

Measure the ras el hanout spice blend in a teaspoon measure, then add to the roasting tin. Mix the ingredients using a wooden spoon. Return to the oven and set a timer for 15 mins.

Step 6

Remove the tin from the oven. Crack an egg into a small bowl – check for any pieces of shell in the egg white (scoop them out using a bigger piece of shell). Make a space in the sauce with your wooden spoon, then pour in the egg. Repeat with the other eggs. Return the tin to the oven using oven gloves. Set the timer for 5 mins.



6

Step 7

Wearing your oven gloves, carefully remove the roasting tin from the oven. Put the flatbreads in the oven and set the timer for 5 mins. On your chopping board, chop the coriander using a knife or a pair of scissors. Remember to use the stalks, too – they contain lots of flavour.

Step 8

When the timer beeps, carefully remove the flatbreads from the oven and put them on a plate. To serve, use a big spoon to scoop an egg or two onto each plate, along with some of the sauce, and sprinkle over the coriander. Serve with the flatbreads.



8

THE NEXT LEVEL

Sticky mango roasted salmon

SERVES 4 **PREP** 15 mins

COOK 25 mins **EASY**

150g green beans
150g long-stemmed broccoli
6 spring onions
3 tsp olive oil
4 salmon fillets, checked for bones
(see tip, below)
3 tbsp mango chutney
2 tsp low-salt soy sauce
1 tsp ginger purée
small handful of coriander
cooked noodles or rice, to serve

You'll also need

chopping board
sharp knife
large saucepan
colander
large baking tray (about 30 x 40cm)
kitchen tweezers (optional)
measuring spoons
small bowl
oven gloves

1 Heat the oven to 180C/160C fan/gas 4. Put a chopping board on your work surface. Snap or carefully chop the stalks off the ends of the green beans. Cut any thick stems of broccoli in half lengthways. Cut the root ends and about 2cm off the green tops of the spring onions, then cut each into three batons.

2 Fill a large saucepan halfway with water, put it on the hob and turn the heat to medium-high until the water boils. Carefully tip the veg into the water and turn the heat down low to simmer for 1 min. Put a colander in the sink and carefully tip the veg into it and drain off the water.

3 Tip the cooked veg into a baking tray and drizzle with 2 tsp of the olive oil. Season with a pinch of salt and toss through the oil until well coated.

4 Push the veg to the edge of the tray, making space in the middle, then lay the salmon, skin-side down, in that space. Check the salmon for bones, if needed (see tip, right). Drizzle the remaining 1 tsp oil over the salmon and add a pinch of salt.

5 Measure 3 tbsp mango chutney, 2 tsp soy sauce and 1 tsp ginger purée



into a small bowl and mix all the ingredients together to make a sauce. Pour half of the sauce over the veg and salmon.

6 Use oven gloves to carefully put the tray on the middle shelf of the oven. Cook for 15 mins.

7 Carefully remove the tray from the oven using the oven gloves and pour the rest of the sauce over the salmon. Return to the oven for another 5 mins. Pick the coriander leaves and scatter over the salmon and veg. Serve with cooked noodles or rice, if you like.

GOOD TO KNOW healthy • omega-3 • 1 of 5-a-day
PER SERVING 372 kcals • fat 24g • saturates 4g •
carbs 8g • sugars 7g • fibre 3g • protein 29g • salt 0.7g

No bones about it

Most fish fillets come without any bones, but it's a good idea to check that none have been left in as they're sharp, pointy and unpleasant to eat. To check the salmon doesn't have any bones, stroke your finger across the pink side of the salmon (not the skin) – if you feel any sharp, needle-like bones poking out, gently ease them out using a clean pair of kitchen tweezers, or simply pinch the bone between your fingers and quickly pull upwards.

CHALLENGE YOURSELF

Roast chicken traybake

SERVES 4 PREP 20 mins

COOK 1 hr EASY

800g floury potatoes, such as Maris Piper or King Edward

4 garlic cloves, unpeeled

5 thyme sprigs, leaves picked

3 tbsp vegetable oil, plus a drizzle for roasting

4 chicken legs

4 carrots

150g frozen peas

gravy, to serve (optional)

You'll also need

chopping board

vegetable peeler

sharp knife

large saucepan

colander

large roasting tin

measuring spoons

2 spoons

oven gloves



1 Put a chopping board on your work surface. Using a vegetable peeler, peel the potatoes, saving the potato peelings (see tip, right). Cut the potatoes into chunks, about the size of golf balls. Put them in a pan and cover with cold water.

2 Put the pan on the hob and turn the heat to high. When the water boils, reduce the heat to medium and set a timer for 8 mins. When the timer beeps, carefully drain the potatoes through a colander in the sink. Leave to dry for a few minutes. Heat the oven to 200C/180C fan/gas 6.

3 Tip the potatoes into your largest roasting tin, add the garlic cloves (no need to peel them first), thyme and drizzle with 2 tbsp of the oil. Season well and use two spoons to turn the potatoes to coat them in the oil.

4 Put the chicken legs between the potatoes or on top. Drizzle with the remaining 1 tbsp oil and season with a pinch each of salt and pepper. Use oven gloves to carefully place the tin in the centre of the oven, and roast for 30 mins.

5 Carefully remove the tin from the oven (again, using your oven gloves) and use the two spoons to turn the potatoes again – do this carefully so

that the hot fat doesn't splash you. Return the tin to the oven using your gloves. Roast for another 15 mins.

6 Peel the carrots and cut them into long batons, then drizzle with a little extra oil and season.

7 Push the potatoes and chicken to one end of the tin and put the carrots at the other end. Return to the oven for 10 mins.

8 Remove the tin from the tray and carefully stir the peas in amongst the carrots, then return to the oven for a final 5 mins. When the roast is ready, the chicken and potatoes will be crispy and the veg will be soft. Test the chicken is ready by piercing the thickest part using a knife – the juices should run clear. If not, return to the oven for another 5 mins and test again. Serve with gravy, if you like.

GOOD TO KNOW fibre • gluten-free • 1 of 5-a-day
PER SERVING 503 kcs • fat 26g • saturates 6g •
carbs 40g • sugars 8g • fibre 8g • protein 25g • salt 0.3g

Handling meat safely

Raw meat like chicken can carry harmful bacteria called salmonella that can make you sick if the bacteria is eaten or transferred to your mouth. Salmonella and other bacteria found on food are invisible – if you touch raw meat then touch your face, mouth, cutlery or cooking equipment, you could become very sick. That's why it's important to wash your hands thoroughly with hot, soapy water after touching it, then dry them with a clean towel.

Don't waste it!

Vegetable peelings usually end up in the bin, but did you know you can make a tasty snack from these scraps? Wash and dry your potato peelings, then toss them in a little oil, season and add any spices you fancy, too – a little smoked paprika is nice. Spread out on a baking tray and bake in an oven set to 180C/160C fan/gas 4 for 15 mins or until crisp.

Culinary Workshops & Coffee Mornings

Want to introduce your culinary offerings, restaurant, chef or FMCG/CPG brand to our targeted foodie audience? Let **BBC Good Food ME** source the perfect venue, manage the guest list and take care of everything you need to showcase your concept to our loyal community via a fun, foodie event.



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health

Delicious recipes and top nutrition tips

healthy

■ budget family meals, page 100





COOK
SMART

Healthy budget family meals

Eat well and feel great with our nutritious, budget-friendly family meals, which are full of goodness and make the most of lower-cost ingredients

compiled by KERRY TORRENS

These recipes were picked to provide healthy suppers for four people using affordable ingredients, and include ideas for using up any leftovers. We've included a balance of lean protein from meat, fish, dairy and plant foods, as well as energising carbohydrates and healthy fats, including the all-important omega-3 variety.

Chole with cumin rice & raita

Make this flavour-packed chickpea curry for a satisfying meat-free supper that also provides two of your five-a-day. It's great if you haven't got time to go shopping, as it uses up storecupboard basics such as canned chickpeas, dried rice and spices. You can easily dial down the spice levels for youngsters, too. Beans and pulses, like chickpeas, are rich in protein, resistant starch and soluble fibre, all of which slow the speed of digestion and help lower blood sugar levels. This means they have a low glycaemic index (GI) and release their energy more steadily, which is great if you have an energetic family.

SERVES 4 PREP 15 mins
COOK 20 mins EASY V

1 tbsp vegetable oil
1 red onion, finely chopped
4 tsp cumin seeds
1 tsp finely grated ginger
4 garlic cloves, finely grated
2 tsp curry powder
2 x 400g cans chickpeas
100g tomato purée
30g coriander, chopped
300g basmati rice

For the raita

¼ cucumber
200g Greek-style yogurt

½ tsp cumin seeds, toasted and crushed
small handful of mint, chopped
handful of pomegranate seeds, to serve (optional)

1 Heat the oil in a large pan over a low heat and fry the onion for 10 mins until starting to brown. Add 3 tsp of the cumin, the ginger, garlic and curry powder. Stir for a minute to keep the spices from burning.

2 Tip in the chickpeas and the liquid from the can, along with the tomato purée, 20g of the coriander and some seasoning. Simmer over a low heat for about 10 mins. Add a splash of water if it looks too dry.

3 Meanwhile, rinse and drain the rice, and put in a saucepan. Add the remaining 1 tsp cumin seeds, 2 litres boiling water and some seasoning. Cook for about 10 mins until the rice is tender. Drain.

4 For the raita, grate the cucumber and stir it into the yogurt with the cumin, mint and remaining coriander. Season, scatter over the pomegranate seeds. Serve alongside the chole and rice.

GOOD TO KNOW healthy • calcium • fibre • iron •
2 of 5-a-day • gluten free
PER SERVING 561 kcals • fat 14g • saturates 4g •
carbs 82g • sugars 8g • fibre 11g • protein 21g •
salt 0.2g

gf budget tip

If you don't have time to make the raita, a dollop of Greek or natural yogurt will provide a cooling accompaniment to balance the curry powder. It's delicious on its own if you want to skip the pomegranate seeds and keep costs down, too.



HELPING YOU TO COOK SMART

Rising food and energy costs mean that many of us are having to think extra carefully about how to get the most out of our budgets. To help with this challenge, BBC Good Food has developed Cook Smart, a supportive campaign bringing together knowledge and ideas on how to help everyone eat well on a budget. Cook Smart also explores the best energy-efficient cooking methods such as hob cooking and microwaving, as well as using slow cookers, multi cookers and pressure cookers.

Saucy bean baked eggs

Make these five-ingredient baked eggs with tomatoes and beans using storecupboard staples. It's a quick, easy, tasty and healthy dish.

SERVES 2 **PREP** 5 mins

COOK 20 mins **EASY**

2 x 400g cans cherry tomatoes

400g can mixed bean salad,
drained

200g baby spinach

4 medium eggs

50g thinly sliced smoked ham, torn
wholemeal rye bread, to serve
(optional)

1 Tip the tomatoes and bean salad into an ovenproof frying pan or shallow flameproof casserole. Simmer for 10 mins, or until reduced. Stir in the spinach and cook for 5 mins more until wilted.

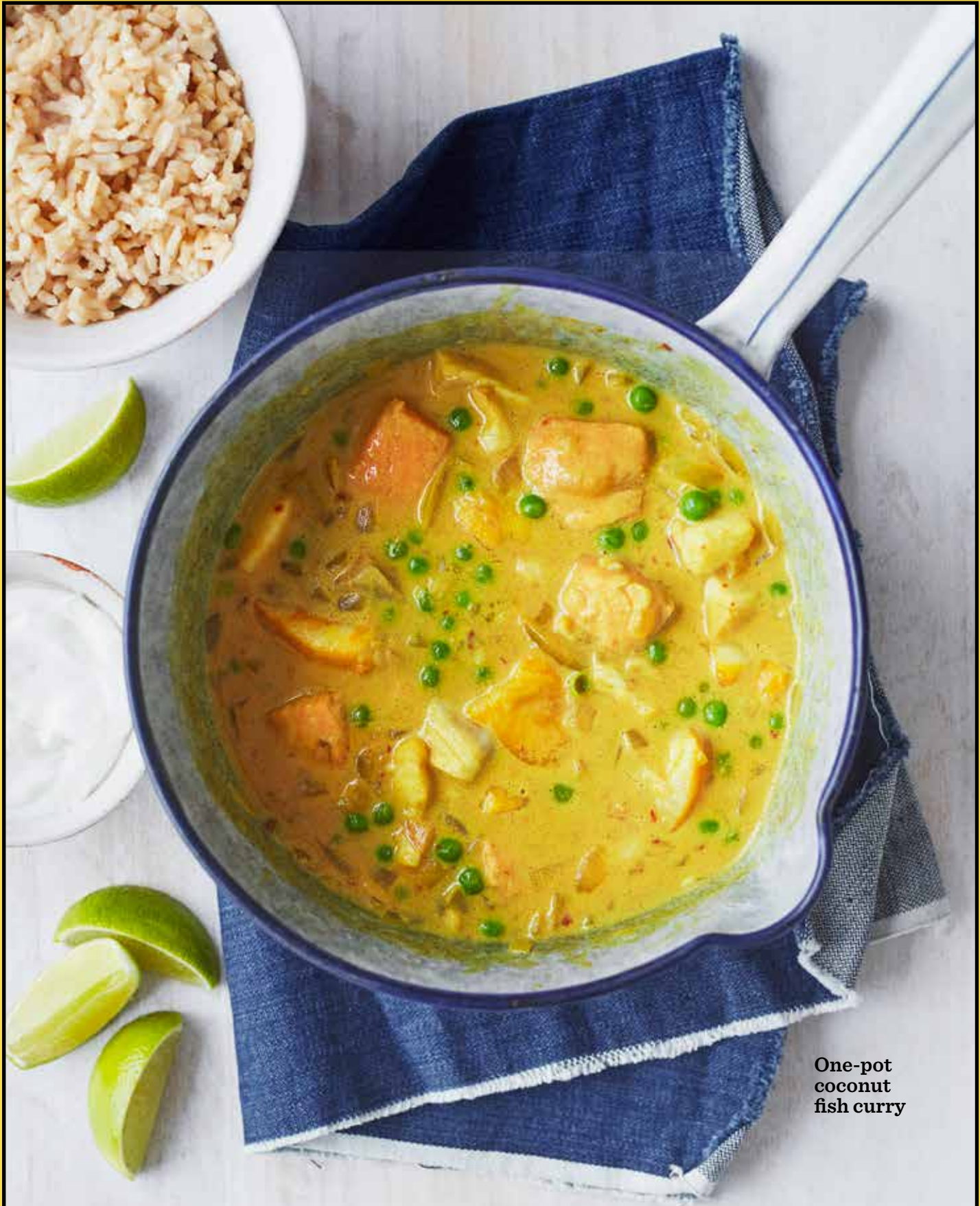
2 Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins until the whites are set and the yolks runny. Serve with rye bread, if you like.

GOOD TO KNOW healthy • low cal • gluten free
PER SERVING 366 kcs • fat 12g • saturates 3g •
carbs 27g • sugars 15g • fibre 10g • protein 32g • salt 1g

gf budget tip

Make a double batch of the saucy beans, and you can stash a few portions in the freezer for another day, adding extra veg or serving it with pasta, if you like.





**One-pot
coconut
fish curry**

gf budget tip

As well as using frozen fish, we've made the most of frozen peas, which often have a higher nutritional value than their fresh counterparts, as well as being inexpensive. Canned coconut milk is another low-cost ingredient – it provides richness in this recipe without significantly increasing the fat content.

One-pot coconut fish curry

We should be eating at least two portions of fish a week, one of which should be an oily variety, such as salmon. We've kept costs down in this curry by using a frozen fish mix rather than fresh. Serve with rice and yogurt, or opt for cauliflower rice if you want to keep it low-carb. Salmon is a great source of omega-3 fatty acids, which support a healthy heart and help maintain skin, joints and your hormonal balance. Cod and haddock are high in protein, low in fat and a good source of vitamin B12 for energy and nervous system support.

SERVES 4 **PREP 5 mins**
COOK 25 mins **EASY**

1 tbsp olive oil
1 onion, chopped
1 large garlic clove, crushed
1 tsp ground turmeric
1 tsp garam masala
1 tsp chilli flakes
200ml can light coconut milk
200ml low-salt vegetable stock
390g frozen fish mix
200g frozen peas
1 lime, cut into wedges
yogurt and rice (or cauliflower rice), to serve

- 1 Heat the oil in a large saucepan over a medium heat and fry the onion with a large pinch of salt for 10 mins, or until the onion is translucent. Add the garlic and spices, stir and cook for another minute, adding a splash of water to prevent the onions from sticking. Tip in the coconut milk and stock, stir, then simmer for 10 mins.
- 2 Tip the fish mix and frozen peas into the pan, and cook until the peas are bright green and the fish is starting the flake, about 3 mins. Season and squeeze over some lime juice to taste. Ladle into bowls and serve with yogurt and rice, if you like.

GOOD TO KNOW healthy • low cal • 1 of 5-a-day
PER SERVING 250 kcal • fat 11g • saturates 4g •
carbs 10g • sugars 6g • fibre 4g • protein 24g •
salt 0.8g

Sesame & spring onion stir-fried udon with crispy tofu

Rustle up a simple and satisfying vegan stir-fry in just 20 minutes. This low-calorie dinner combines thick udon noodles with crispy tofu, fresh spring onions, green beans and crunchy sesame seeds for a mix of textures. We've also used low-salt soy sauce to provide umami flavour without raising sodium levels too much. Tofu is derived from soya, which provides a rich source of plant protein. It also contains natural compounds called isoflavones, which are powerful antioxidants that support heart health by lowering cholesterol, and may help to alleviate menopausal symptoms.

SERVES 4 **PREP 5 mins**
COOK 15 mins **EASY** **V**

400g block of firm tofu
1 tbsp cornflour
½ -1 tsp chilli flakes, to taste
¼-½ tsp Sichuan peppercorns, ground, to taste
1 tbsp vegetable oil
1 bunch of spring onions, trimmed and cut into lengths
200g green beans, trimmed and cut into lengths
400g ready-to-use thick udon noodles
½ tbsp sesame oil
2 tsp sesame seeds, plus a pinch to serve
1 tbsp low-salt soy sauce, plus extra to serve
1 tbsp rice vinegar

- 1 Drain and pat the tofu dry using kitchen paper. Cut into cubes, wrap in more kitchen paper, and place a heavy board over the top. Leave to drain for 15 mins.
- 2 Mix the cornflour, chilli flakes and ground peppercorns together in a bowl with a pinch of salt, then add the drained tofu. Toss well to coat.
- 3 Heat half the vegetable oil in a large non-stick frying pan over a high heat and fry the tofu pieces for 5-6 mins until golden all over. Scoop out of the pan to a sheet of kitchen paper to drain.
- 4 Add the remaining oil to the pan and stir-fry the spring onions and beans for 3-4 mins until tender and lightly golden. Pour a kettle of

boiling water over the noodles in a sieve to loosen. Drain well, then tip into the pan. Fry for a few minutes until piping hot. Add the sesame oil and sesame seeds, and sizzle for a few seconds. Splash in the soy sauce, rice vinegar, then add the tofu. Toss well, then serve in bowls with a pinch of sesame seeds on top and more soy sauce on the side.

GOOD TO KNOW vegan • healthy • low cal •
1 of 5-a-day
PER SERVING 356 kcal • fat 13g • saturates 2g •
carbs 38g • sugars 4g • fibre 4g • protein 18g •
salt 0.7g





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GOURMET LIFESTYLE

THE SUITE LIFE
CONRAD ABU DHABI
ETIHAD TOWERS *p108*



Competitions, p111



THE SUITE LIFE

From breathtaking views to exquisite amenities, Conrad Abu Dhabi Etihad Towers offers a pristine getaway in the capital

Home to 12 award-winning restaurants and bars, a 74th-floor observation deck, three outdoor pools, a private beach and a vibrant spa, the iconic Conrad Abu Dhabi Etihad Towers is hard to miss your staycation bucket list in the country. Expect to be mesmerized by the towering landmark from afar but be warned the splendour experience is only just the start of the luxury getaway.

The entrance welcomes you to an ultra-spacious lobby adorned with lavish decor, high ceilings, neutral tones, sprawling carpet motifs, and natural light falling through the hotel's glass-panelled atrium. Once through with a quick check-in, we were met with an expansive corridor guiding us to the exquisite amethyst-encrusted lift which ascended to our suite.

ACCOMMODATION

The hotel features 377 chic, stylish rooms, suites, and serviced residences including deluxe rooms, inter-connecting rooms for families, two-bedroom suites, four-bedroom suites, and plenty more. Apt for three adults, the King Junior Suite features an extravagant accommodation with a spacious area with an extended work space, beige interiors with framed photos spotlighting UAE's rich history, a king-sized bed, widescreen TV, centralized light and curtains remote control, plush sofa spanning across the suite's windows, 24-hour room service, and ample storage space for longer stays.

What caught our eye was the floor-to-ceiling windows serving unrivalled vistas of the city and the Arabian Gulf. The elegant bathroom is complete with luxury amenities from Byredo, a tub against a mosaic accent wall, and a dedicated shower room within. For those looking to stay in and order from the comfort of their rooms, a private dining menu brimming with a wide range of culinary delicacies is available.

CULINARY OFFERINGS

The drive from Dubai warranted a hearty lunch at the award-winning SOLE Ristorante, offering indoor and outdoor seating with an inviting ambience. To our delight, it was a breezy afternoon, so we opted to dine al fresco against the backdrop of the expansive swimming pool. The menu was soon presented by our server, who further enlightened us on the diverse Italian dishes and recommendations for an enhanced dining experience.





A Naples staple was served in a cocotte pot, to begin, starring a wood-fired eggplant parmigiana layered with tomato sauce, buffalo mozzarella, and fresh basil; and Made in Sud fried calamari comprising crispy calamari shrimps and white Mediterranean baits with a side of savoury Garlic lemon aioli. Mains starred a classic Pasta al forno, prepared from scratch by the team at SOLE, featuring wood-fired baked pasta with meat ragout, bechamel and scamorza cheese. The magnificent dish was without a doubt one of the best pastas we've ever had (and probably why you'll see us making frequent trips to the capital.) This was followed by a decadent, crisp Italian-style Capodimonte pizza with burrata cheese stracciatella, beef prosciutto, and parmesan flakes was an exquisite explosion of flavours. For dessert, we feasted on the traditional tiramisu, served in a mini glass jar. Even though we were quite stuffed, we were tempted to order a second and third serving of the signature Italian favourite.

We woke up early the next day for a sumptuous buffet breakfast at Rosewater. Adults and kids alike can expect an extensive selection of breakfast favourites featuring a live pancake and waffle station, fresh juice stand, and a dosa station. Start off with your choice of juice, coffee or tea alongside a fresh fruit platter and viennoiseries before moving on to diverse delights. The widespread buffet is divided into multiple cuisine specialties catering to every diner's palate - Arabic station for Foul mudamas, Baked shakshuka, Grilled Halloumi cheese, and Falafel; Asian station for Congee, Broccoli and tofu with ginger sauce, Wok-fried vegetable noodles, Chicken naban with Japanese tartar; Western station for sauteed mushrooms, roasted potatoes, and boiled eggs; and Indian for Pongal, lemon rice, and Chole masala. Our favourite was the unique honey station featuring a honeycomb for diners to scrape.

After breakfast, we headed down to the private beach, choosing to lounge for a bit before a cooling dip.

FACILITIES

The five-star hotel is equipped with a wide range of amenities, from premium shopping outlets and state-of-the-art fitness facilities to luxurious spa services and a private beach with lounge beds. Before the drive back to Dubai, we reserved a relaxing massage treatment at Conrad Spa. With 13 treatment rooms, rain showers, couples suites, and plenty more at the exuberant spa, guests can explore a range of offerings from the extensive spa menu. The experience starts with a series of well-being elements including a refreshing drink served with dates, followed by calming fragrant steam before being whisked to the treatment room. Commence the rejuvenating journey with an exfoliating foot scrub and then move to the heated spa bed for the massage.

The 60-minute Platinum ultra-lift massage uses AMRA Skincare products to provide a relaxing experience, tailored to specific areas of concern. The massage aims to release tension and stress within the muscles using the body oil, catered to anti-ageing and includes Vitamin B3 for dry and sensitive skin. The body massage is followed by a soothing scalp massage with a fragrant hair spray.

BOOK NOW

The King Junior Suite is available from AED1,460 per night. Call +9712 811 5555. Visit hilton.com/en/hotels/auhctci-conrad-abu-dhabi-etihad-towers/.



COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



JAPANESE BRUNCH FOR FOUR AT IKIGAI, WORTH OVER AED1,300

Experience the Tokyo Mix brunch with friends or family at the Japanese restaurant nestled within Millennium Place Marina Hotel. The exquisite brunch includes house beverages and Japanese izakaya-inspired dishes such as mouth-watering sushi rolls and ramen bowls.



A YAKUZA AFFAIR FOR TWO AT TABU, WORTH AED1,000

Sited at St. Regis Downtown, the destination hosts an extravagant evening special, Yakuza Affair, offering a three-course spread of Japanese delights. With a spectacular blend of the best of dining and entertainment, discover an unforgettable dining experience accompanied by live music and picturesque backdrop views of Downtown Dubai.



DINING VOUCHERS AT KULCHA KING, WORTH AED1,000

The renowned Indian restaurant is offering 10 lucky winners the chance to dine at any of its outlets across JLT, Karama, and Sharjah. Indulge in a wide selection of scrumptious dishes that include biryani, kebab, curries, kulcha, and lassi.



A FAMILY CINEMA EXPERIENCE FOR FOUR AT STUDIO ONE HOTEL, WORTH AED750

Enjoy a family movie with loved ones in a lavish private cinema, and tuck into dishes such as authentic Italian pizza by Italian bistro Larte Plus paired with popcorn and a selection of soft drinks. With a grand screen, comfortable seating area, and Dolby surround sound, feel right at home at the state-of-the-art private cinema.



DINING VOUCHER AT MOGAO, WORTH AED500

The modern Pan-Asian restaurant at Dubai Digital Park offers a wide selection of flavourful dishes that include Korean chicken wings, Tsukune, Har Gau, Shrimp tempura roll, and signature concoctions. From Sunday brunches to art activities, explore a range of culinary offerings at the dining venue.



DINING VOUCHER AT EAT & MEAT, THE H DUBAI, WORTH AED500

Indulge in a wide selection of international delicacies made from fresh, locally sourced ingredients in a laid-back setting. Don't miss out on the opportunity to treat yourself to an unforgettable dining experience and explore the restaurant's extensive menu.



DINING VOUCHER AT SPEAKEASY DUBAI, WORTH AED500

The renowned American bar transports you to the 1920s Prohibition era and features a giant screen for guests to view all the major sporting events such as F1, rugby, and football. Unwind with friends at the perfect hangout spot and tuck into dishes such as the Fried calamari rings with jalapeños, Chicken wings, House nachos, Slow-cooked beef short ribs, and Butter chicken.



DINING VOUCHER AT CHARM THAI, CROWNE PLAZA DUBAI MARINA, WORTH AED500

This Thai restaurant welcomes diners to explore its traditional-meets-modern menu for a vibrant gastronomic experience. Ideal for gatherings with friends and family, embark on a culinary journey across Thailand accompanied by an up-close view of the live kitchen.



To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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